

1) Why are healthy foods important?

Healthy foods are important for our bodies to grow strong and stay healthy.

2) What do fruits and vegetables provide us with?

Vitamins and minerals

3) How do healthy foods help our bodies?

Helps us have strong bones and teeth.

4) Name some examples of healthy foods?

Fruit or vegetable







# Healthy life

Fulgiano Amador Tejada

Luis Angel Garcia Merida

healthy.life@gmail.com

963 154 6592

planning, queries, fat measurement,  
subsistence allowance, healthy life play.