

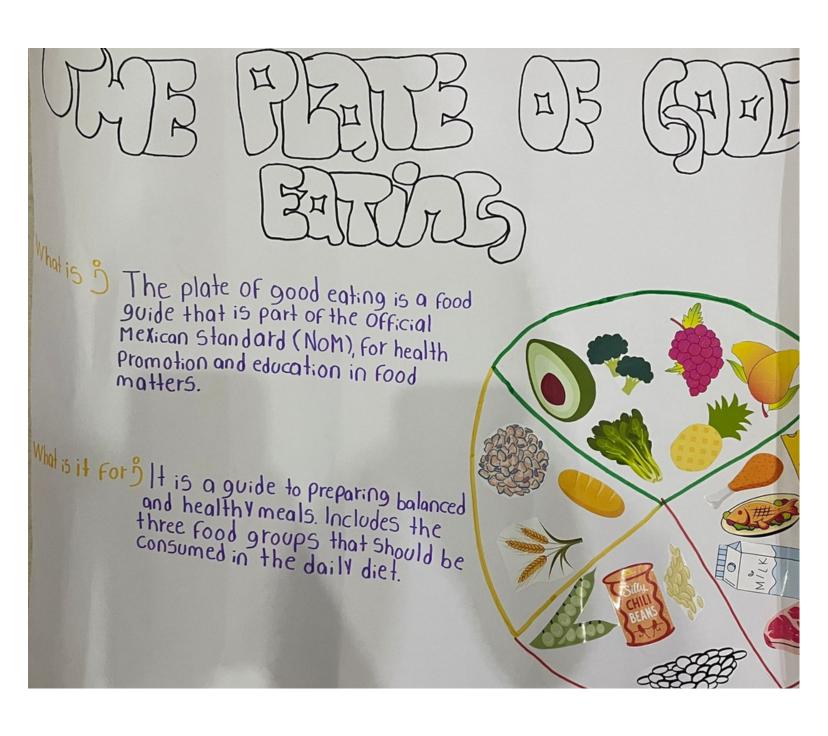
Nombre del alumno: Itzel

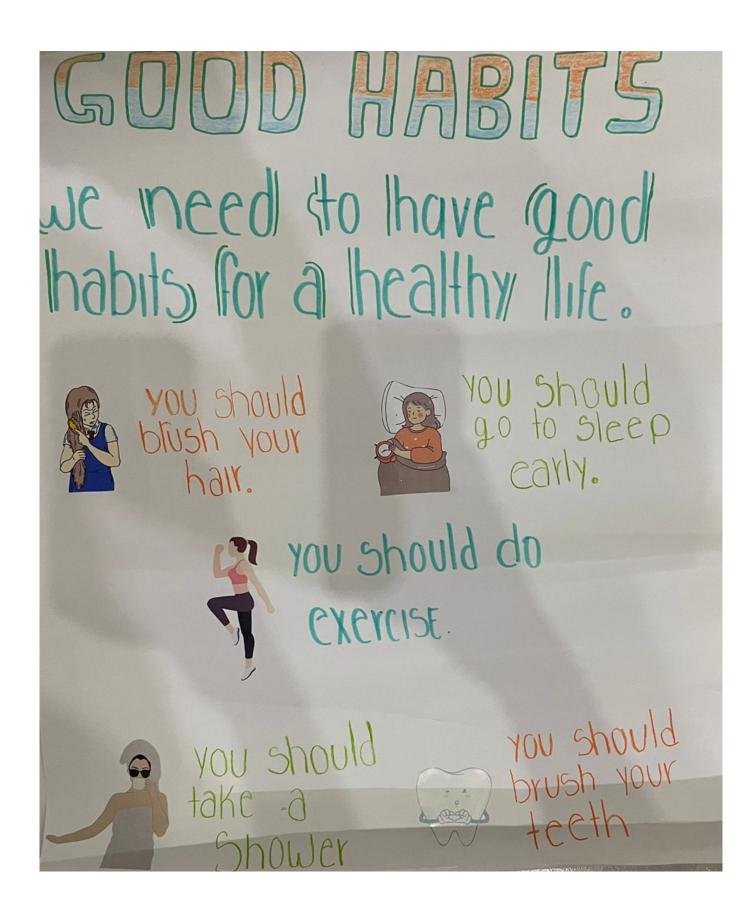
Teacher: Rafael

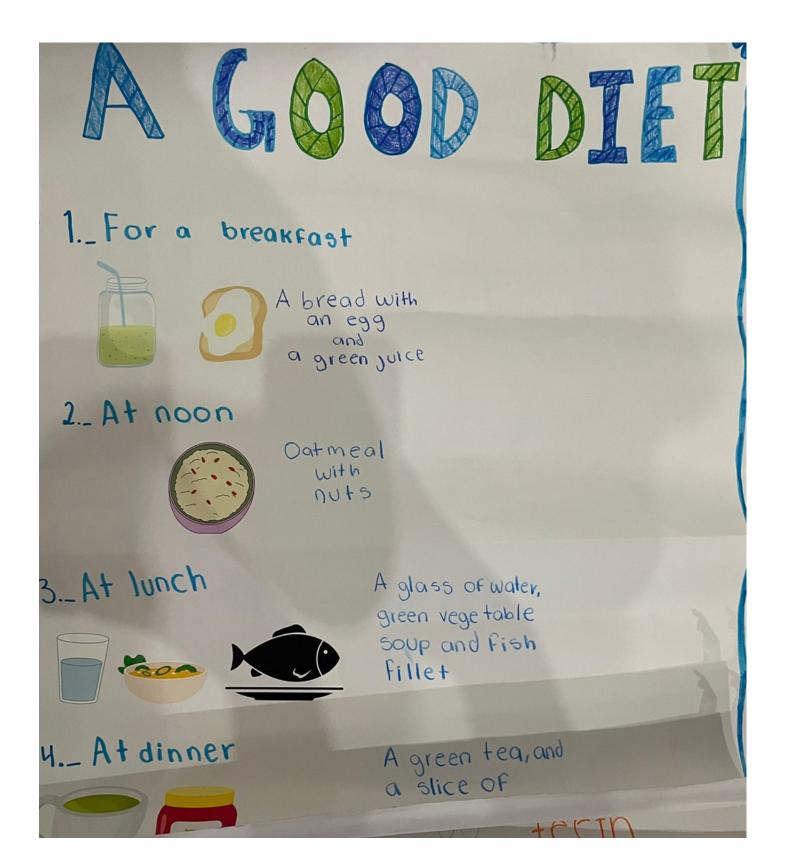
Materia: inglés

Cuatrimestre: 5to

BRH







Healthy foods are important for our bodies to grow strong and stay healthy. Fruits and vegetables are some of the healthiest foods we can eat. They come in many different colors and flavors. Apples, oranges, carrots, and broccoli are just a few examples of these nutritious foods. They are packed with vitamins and minerals that help us stay energized and keep our immune system strong. Eating healthy foods also helps us have strong bones and teeth. So, next time you're hungry, reach for a delicious and nutritious fruit or vegetable!

To grow strong and stay safe.

- 2) What do fruits and vegetables provide us with? the healthiest foods we can eat.
- 3) How do healthy foods help our bodies? Vitamins and minerals.
- 4) Name some examples of healthy foods.
 Oranges, carrots ,apples and broccoli