Healthy Food

Read the passage below and answer the following questions.

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!

1) Why are healthy foods important?
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?
stay energized amd keep our inmune system strong
.

4) Name some examples of healthy foods.
apples, oranges, carrots and broccoli