



NOMBRE DEL ALUMNO:
GRETEL ALTUZAR
MATERIA: ENGLISH

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 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



What you should eat

foods these



PAPAYA

Healthy digestion
Fights constipation
Eliminates intestinal parasites

Antioxidant
Rich in dietary fiber
Reduces cholesterol

GUAVA



STRAWBERRIES AND BLUEBERRIES

Rich in fiber, antioxidants, and low in calories

Rich in fiber
Generates a feeling of fullness
Low in sodium and calories

CUCUMBER



LETTUCE

Low caloric intake
Contains fiber and a lot of water
Provides vitamins and minerals

Cooking: Grilled
Calorie intake
Great protein intake and low

CHICKEN



FISH

Cooking: Grilled
Great protein intake and low

Improves digestion
the lost of abdominal mass
High in fiber and promotes

WHOLEMEAL BREAD



OATMEAL

High in protein
Fiber and satiating

