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Grupo: RECURSOS HUMANOS

Materia: INGLES

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# 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?**

so that our body grows and stays healthy

**2) What do fruits and vegetables provide us with?**

Fruits and vegetables are some of the healthiest foods we can eat

**3) How do healthy foods help our bodies?**

They help us stay energized and keep our immune system strong.

**4) Name some examples of healthy foods.**

apples, oranges, carrots and broccoli

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