Healthy Campaign

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?

Because helps to our bodies to grow strong and stay healthy.

2) What do fruits and vegetables provide us with?

They provide us vitamins and minerals

3) How do healthy foods help our bodies?

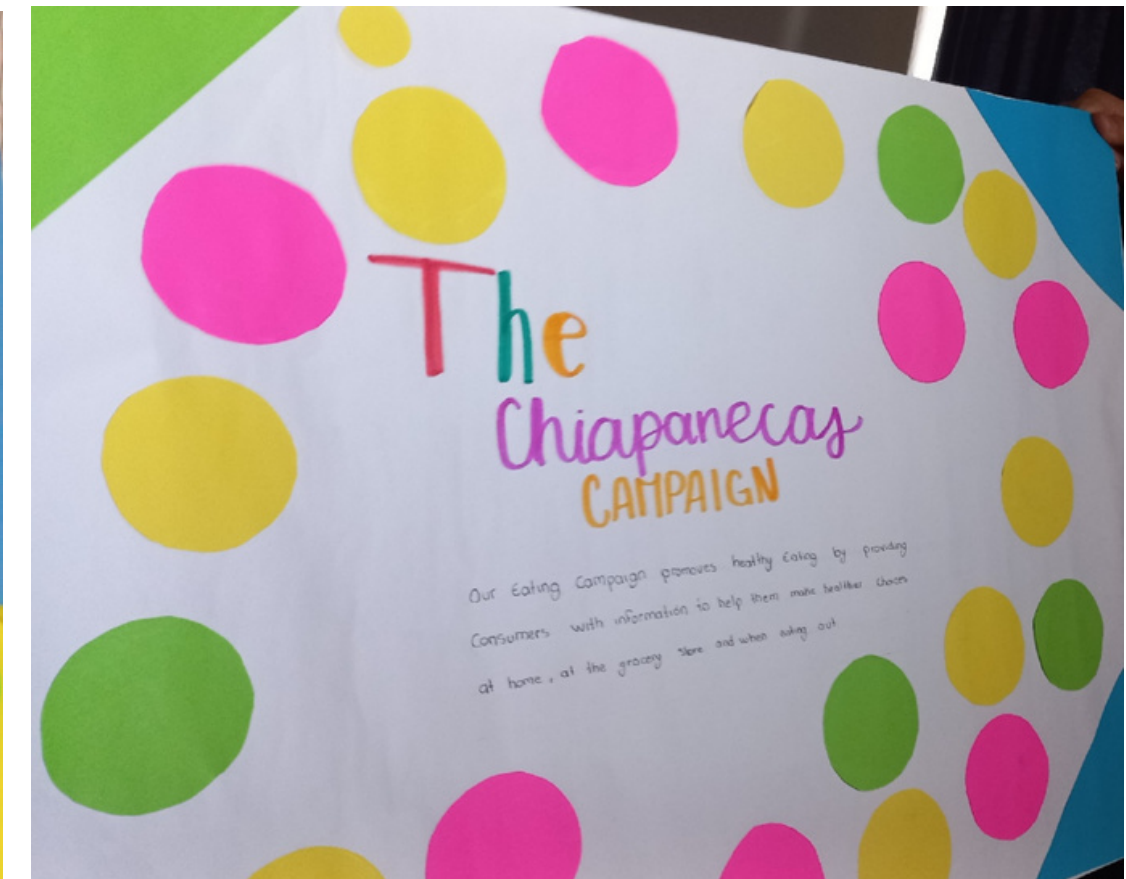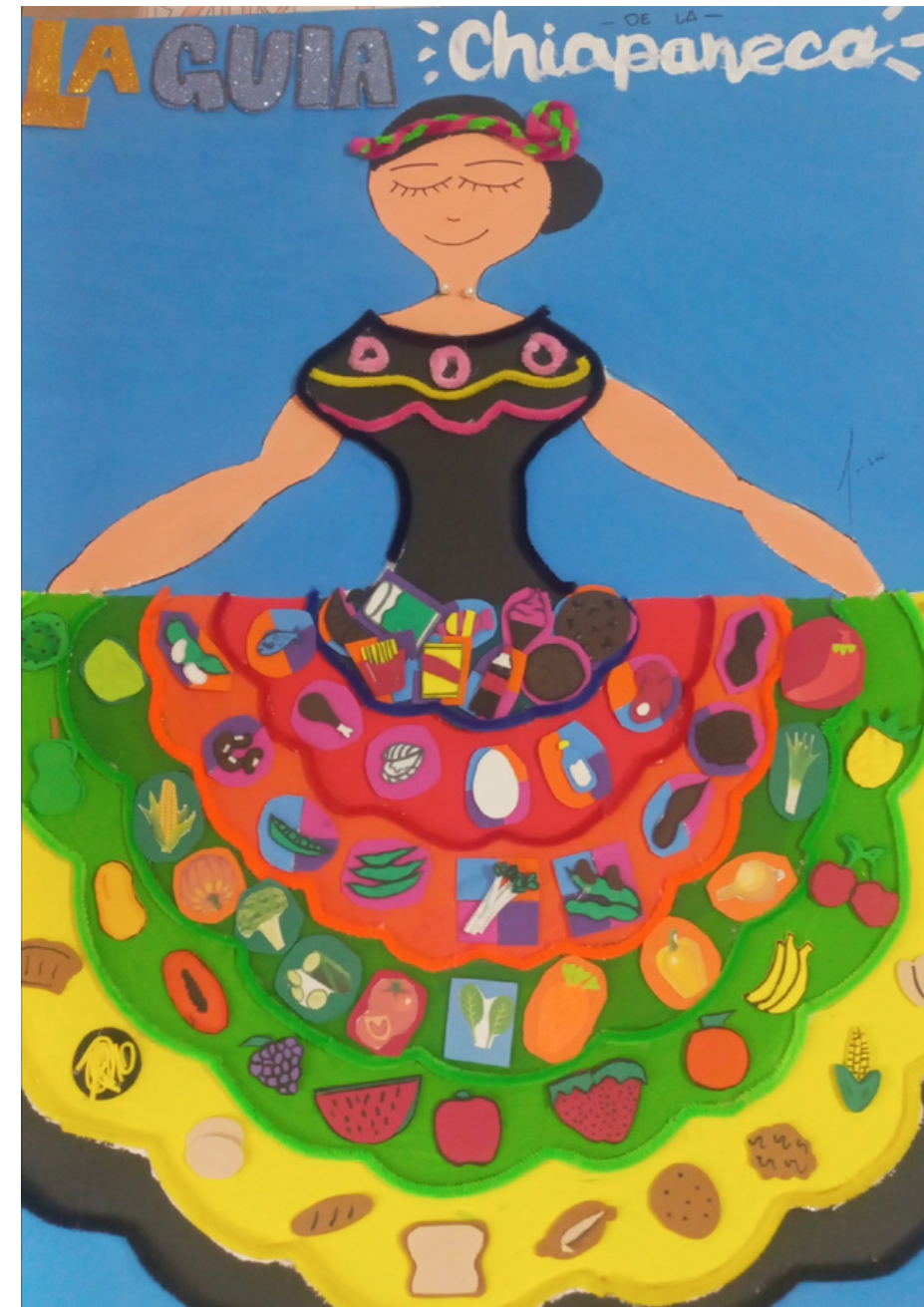Helps to stay energized and jeep our immune system strong.

4) Name some examples of healthy foods.

Salad, sandwiches

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