



Mi Universidad

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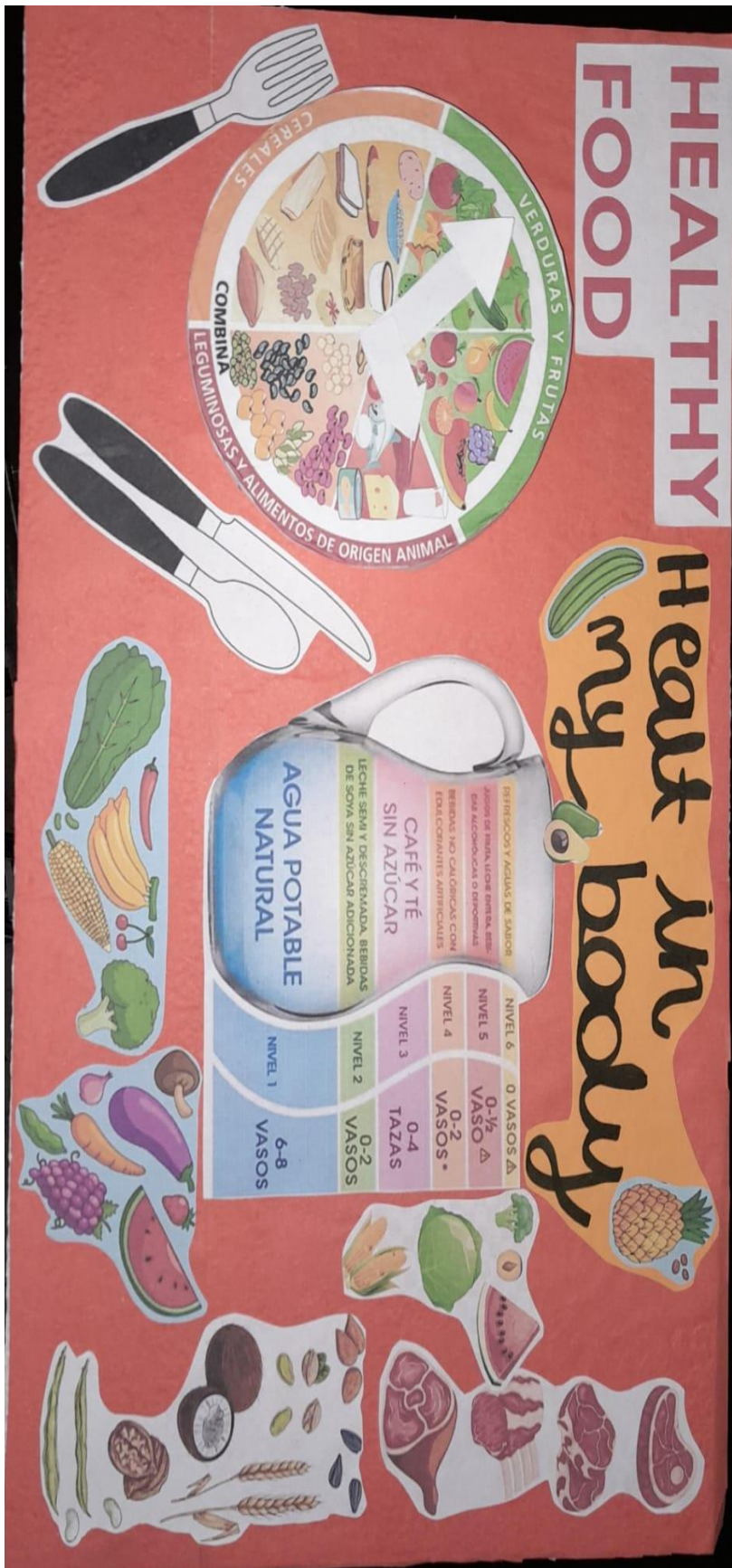
Nombre del tema: HEALTHY FOOD

Nombre de la Materia: Ingles

Nombre del profesor: Iván

Nombre de la Licenciatura: NUTRICION

Cuatrimestre



1. ¿Why are healthy foods important?

Healthy foods are important for our bodies to grow strong and stay healthy.

2. ¿What do fruits and vegetables provide us with?

They are packed with vitamins and minerals that help us stay energized and keep our immune system strong.

3. ¿how do healthy foods help our bodies?

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 .

4. ¿Name some examples of healthy foods ?

Apples , oranges , carrots , broccoli