

# HEALTHY FOOD

# Heart in my body



# 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?

help our body to grow strong and stay

healthy

2) What do fruits and vegetables provide us with?

They provide vitamins, minerals, energy and  
Strengthen the immune system

3) How do healthy foods help our bodies?

It contributes to the strength of our bones and teeth.

4) Name some examples of healthy foods.

Fruits and vegetables

