

# Healthy food



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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?**

Because the health help to our bodies to grow strong

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

They are packed with vitamins and minerals that help

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

Helps us stay energized and keep our immune systems strong

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

The apples, oranges, carrots and broccoli



# LA GUÍA : Chiapanec - DE LA -





# The Chiapanecas CAMPAIGN

Our Eating Campaign promotes healthy eating by providing  
Consumers with information to help them make healthier choices  
at home, at the grocery store and when eating out.