

READING COMPREHENSION

Foods





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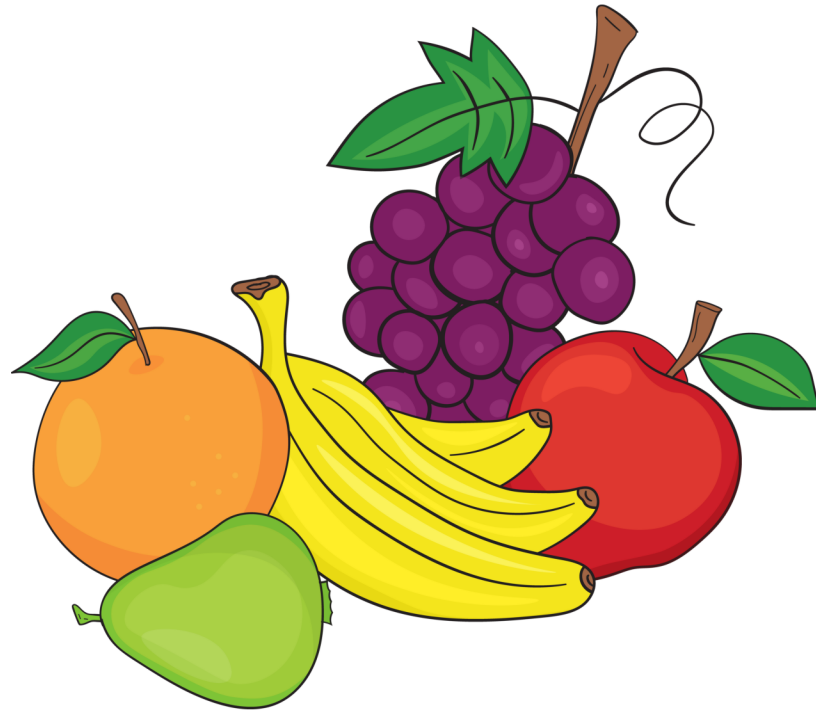
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Fruits



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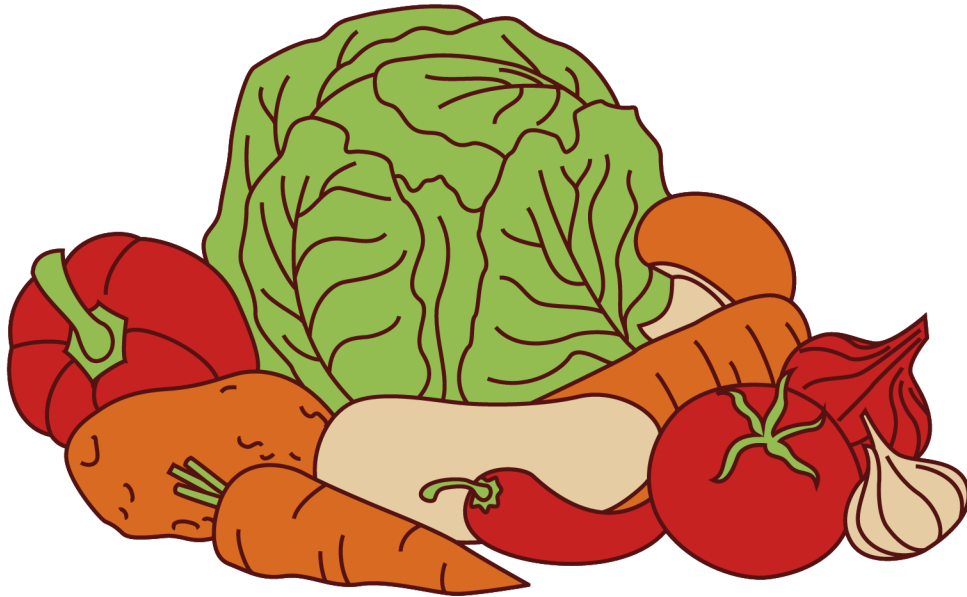
Apples, bananas, and oranges are fruits.
They are very good for you! Fruits help
you grow strong and stay healthy. Eating
fruits gives you energy to play.

1 - Name three healthy fruits.

2 - Why are fruits good for you?



Vegetables



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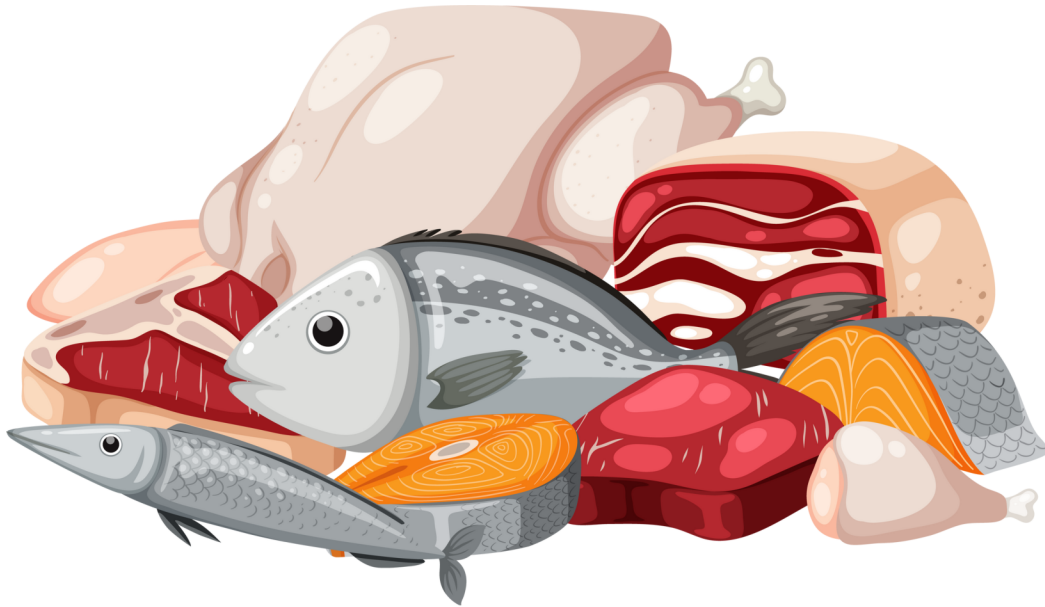
Carrots, broccoli, and spinach are vegetables. They help make your bones strong. Eating vegetables every day keeps you healthy.

1 - Which vegetables are good for you?

2 - What do vegetables do for your bones?



Meat



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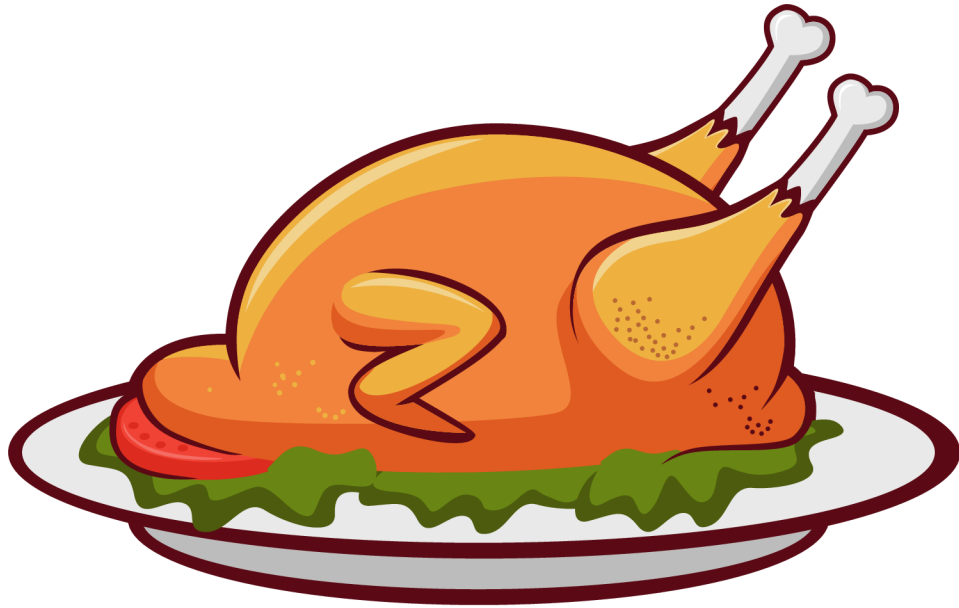
Meat comes from animals. Some animals we eat are cows and chickens. Meat helps us grow strong. People cook meat in many ways.

1 - Where does meat come from?

2 - What does meat help us do?



Chicken



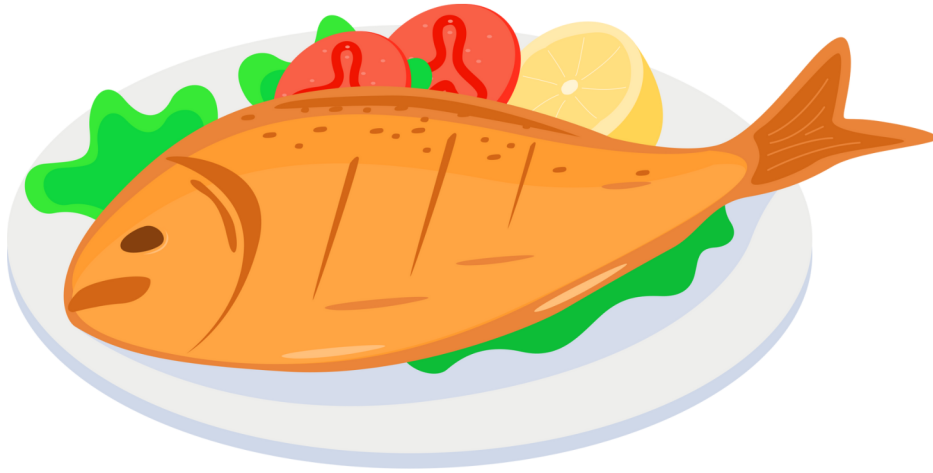
Chicken is meat from chickens. It helps our muscles grow strong. People eat chicken in many ways, like grilled or in soup. It is important to cook chicken well.

1 - Where does chicken come from?

2 - Why is chicken good for us?



Fish



Fish comes from the sea or rivers. It helps our muscles grow strong. Some fish are good for our heart. People cook fish in many ways, like grilling or frying.

Fish is healthy and tasty.

1 - Where does fish come from?

2 - Name one way people cook fish.



Bread



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Whole wheat bread is healthy. It gives you energy and helps your tummy feel good. It is better than white bread.

1 - What type of bread is healthy?

2 - What does bread give you?



Water



Water is very good for your body. It helps you stay cool and feel good. Drinking water is better than drinking soda.

1 - What is better to drink, water or soda?

2 - How does water help your body?



Milk



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Milk is good for your bones and teeth. It helps you grow strong. Drinking milk every day is a healthy choice.

1 - Why is milk good for you?

2 - How does milk help your bones?



Healthy Snacks



Nuts and yogurt are healthy snacks.
They help you feel full and give you
energy. Snacks like these are good for
you!

1 - Name two healthy snacks.

2 - What do healthy snacks do for you?



Candy



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Candy tastes sweet, but it is not healthy.

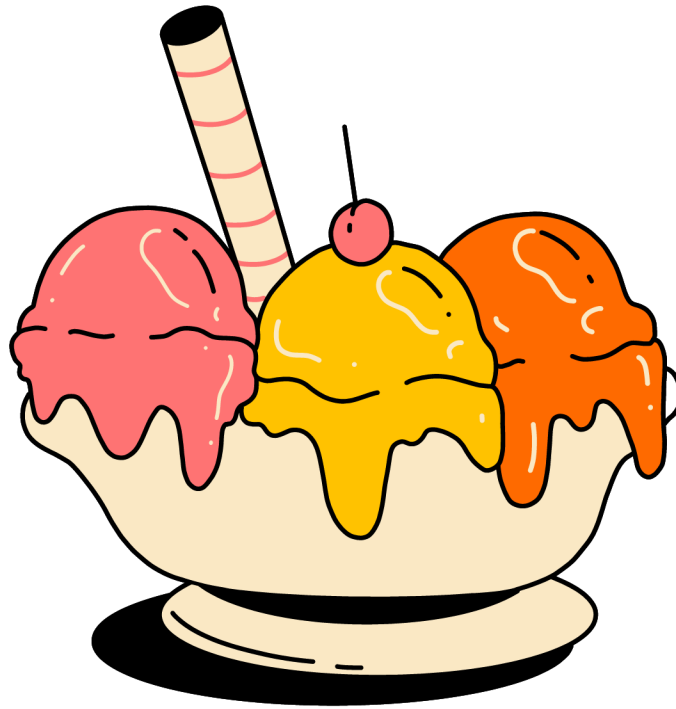
Eating too much candy can make your
teeth hurt. It's better to eat fruits
instead.

1 - Does candy help you stay healthy?

2 - What happens if you eat too much candy?



Ice cream



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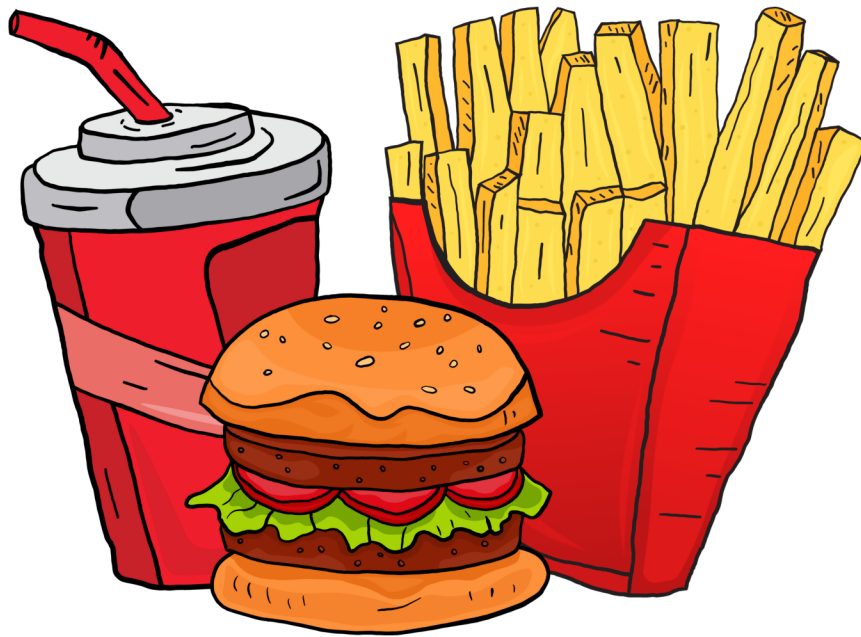
Ice cream is yummy, but it has too much sugar. Eating ice cream sometimes is okay, but eating too much is not good for your health.

1 - Is ice cream healthy?

2 - How much ice cream is good to eat?



Fast Food



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Fast food like burgers and fries tastes good, but it's not very healthy. Eating too much fast food can make you feel sick. It is better to eat home-cooked meals.

1 - Is fast food good for you?

2 - What is better than eating fast food?



Chips



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Chips are salty and crunchy, but they are not healthy. Eating too many chips can make you feel tired. It's better to eat fruits or vegetables.

1 - Are chips healthy?

2 - What is better than chips to eat?



Chocolate



Chocolate is a sweet food. It comes from cocoa beans. People eat chocolate in bars or as a drink. Chocolate gives us energy. It is yummy, but we should eat a little.

1 - How do people eat chocolate?

2 - What does chocolate give us?



Soda



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Soda is a sweet drink. It has bubbles.

People drink soda in cans or bottles.

Soda is not good to drink all the time.

Water is better.

1 - Is soda good to drink all the time?

2 - What is better than soda?



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