



READING ACTIVITY: WHY DO WE NEED FRUIT AND VEGETABLES?

NAME : _____

Fruit and vegetables are full of vitamins, minerals. They are needed to feed your body and brain as you grow.

Food is like fuel for your body. Fruit and vegetables are some of the best healthy fuels you can get.

If you eat lots of healthy, nutritious food, then you will have lots of energy to run, jump, do your homework and save the bees.

FILL IN THE GAPS

- Fruit and _____ have lots of _____ and minerals.
- Your _____ needs vitamins and _____ to grow.
- Fruit and vegetables are the _____ healthy _____.
- If you eat lots of _____, nutritious food, then you will have lots of _____.
- You need energy to _____ and _____.

Key Words

body vitamins best fuel healthy run
Vegetables minerals energy jump