

5: 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