

Healthy Food

We all need to ____ food.

We need to drink lots of _____ every day, too.

Food helps children to _____ and _____, and do their school work.

Some foods are very _____ for us.

We can eat _____ of these foods.

Vegetables are very good for us. We can eat them _____.

Some _____ are green and some are _____.

Some vegetables are white and some are _____.

We can eat _____ every day.

Apples and _____ are fruit.

Fruit is very good for us.

Children need to drink _____ every day. Milk helps _____ to grow.

_____ is made from milk.

Fish is good for _____. We need to eat some fish or some _____ or some white _____ every day. We need to eat some _____ and some cheese too. These foods help children to grow.