

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?

2) What do fruits and vegetables provide us with?

3) How do healthy foods help our bodies?

4) Name some examples of healthy foods.



Healthy Drinks

Read the passage below and answer the following questions.

Drinking healthy beverages is just as important as eating healthy foods. Water is the best drink for our bodies because it keeps us hydrated and helps our organs work properly. It's important to drink plenty of water throughout the day, especially when we're playing or being active. Another healthy drink option is milk. Milk is rich in calcium, which helps us have strong bones and teeth. It also provides us with protein and vitamins. Sometimes, we may want something more flavorful. In that case, we can choose 100% fruit juice. Fruit juice contains natural sugars and vitamins.

1) What is the best drink for our bodies?

2) When should we drink plenty of water?

3) Can you list two benefits of drinking milk?

4) Name some examples of healthy drinks.



Milk

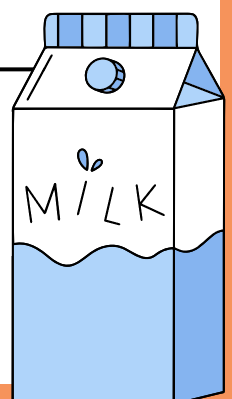
Read the passage below and answer the following questions.

Milk is a tasty and healthy drink for kids. It is full of calcium, which helps make our bones strong. Drinking milk every day can also give us energy and keep us healthy. Some kids like to drink milk plain, while others enjoy it with a little bit of chocolate or strawberry flavor. No matter how you like it, milk is a great choice for a yummy and nutritious drink!

1) Why is milk good for our bones?

2) How does drinking milk make us healthy?

3) Can you think of any other food/drinks that are good for our bones?



Fruit Juice

Read the passage below and answer the following questions.

Fruit juice is a fun and refreshing drink for kids. It is made by squeezing the juice out of different fruits like oranges, apples, or grapes. Fruit juice is packed with vitamins and minerals that are good for our bodies. It's important to choose 100% fruit juice without added sugars. So, next time you're thirsty, grab a glass of fruit juice and enjoy the natural sweetness!

1) What are some fruits that can be used to make juice?

2) Why is it important to choose juice without added sugars?

3) Can you think of any other ways to enjoy fruits besides drinking juice?



Water

Read the passage below and answer the following questions.

Water is the best drink for keeping our bodies hydrated. It doesn't have any calories or sugar, making it a healthy choice. Drinking water helps us stay focused and energized throughout the day. Remember to drink water when you're playing sports or spending time outside. It's always important to keep our bodies hydrated, and water is our best friend for that!

1) Why is water good for our bodies?

2) When should we drink water?

3) Can you think of any other ways to stay hydrated besides drinking water?

