

Name _____ Date _____

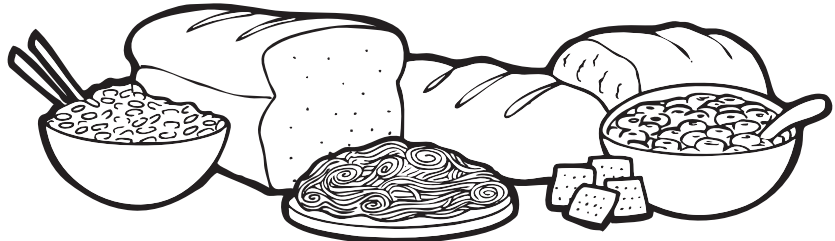
HEALTHY FOOD

Healthy food is good for you. You need it for shiny hair and strong bones. You need it so you can grow tall and feel good. The best part about healthy food is that it is tasty!

You can find grains in bread, rice, and oatmeal. You should eat four servings of grains every day. Milk, cheese, and yogurt are also important. These will give you strong bones.

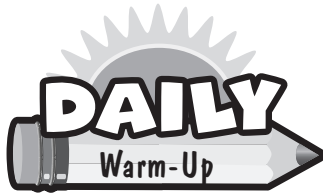
Meat, beans, fish, and nuts give your body iron and protein. You can also eat an egg or some peanut butter to help keep your body healthy. Fruit and vegetables are good to eat. Eat many kinds each week.

Chips and cookies are tasty, but eat only a few at a time. When you eat healthy food, your body will thank you!



STORY QUESTIONS

1. Healthy food will make you . . .
 - a. sick.
 - b. strong.
 - c. green.
 - d. tasty.
2. What food will help give you strong bones?
 - a. bread
 - b. nuts
 - c. cheese
 - d. chips
3. What kind of vegetables should you eat each week?
 - a. none
 - b. one kind
 - c. green vegetables
 - d. many kinds
4. You should eat cookies . . .
 - a. once in a while.
 - b. all the time.
 - c. instead of oatmeal.
 - d. to grow strong.



Healthy Food

1. b
2. c
3. d
4. a