



## Healthy Food = Healthy Body



1. It is important to put petrol in a car because petrol helps the car to go.
2. The blood in our body is like the petrol in a car. Blood helps our body go.
3. It is important to eat good food because good food makes our blood strong and our body healthy.
4. Popcorn, cakes and other 'snack' are tasty foods. They are not healthy food.
5. Healthy food is meat, fish, cheese, fruit and vegetables. If you eat healthy food, your blood will be a strong and your body will be healthy. It is okay to eat tasty snacks but it is important to eat healthy meals. If you want your body to be like a "strong" car, then eat healthy food.

### A. You are the



1. Petrol helps a car to go. \_\_\_\_\_
2. Good Food makes our blood healthy. \_\_\_\_\_
3. It is bad to eat snacks like \_\_\_\_\_.
4. Hamburgers are \_\_\_\_\_.
5. Fruit, vegetables and meat will make your body healthy. \_\_\_\_\_

### B. Feed the words to the story.

1. It helps a car to go. \_\_\_\_\_
2. It is in the body and it is like the petrol in a car. \_\_\_\_\_
3. If your body is strong, your body is \_\_\_\_\_.
4. They are tasty snacks. \_\_\_\_\_
5. They are healthy food. \_\_\_\_\_

### NEW WORDS:

1. healthy		4. strong	
2. petrol		5. snacks	
3. blood		6. tasty	