

1. Circle the correct choice.

- 1. Healthy food will make you
a) sick b) green c) strong d) tasty
- 2. What food will help give you strong bones?
a) bread b) cheese c) nuts d) chips
- 3. What kind of vegetables should you eat each week?
a) none b) green vegetables c) one kind 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

2. Answer the questions. Give short answers.

- a) Why do you need to eat healthy food?
- b) What type of food contains iron and protein?
- c) What kind of healthy food do you eat?