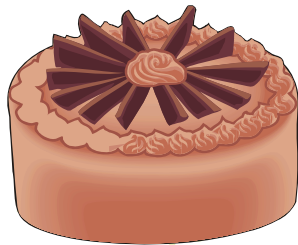
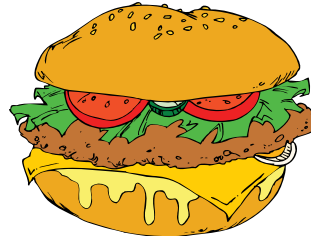
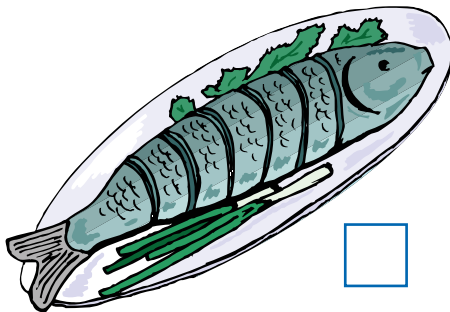
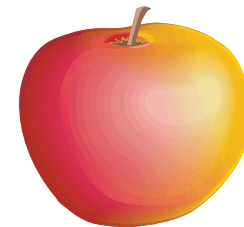
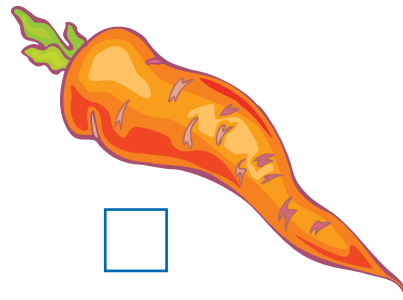
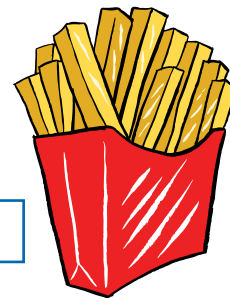


Healthy Food

It is very important that we eat the right balance of fruit and vegetables every day to keep healthy. Food contains vitamins, protein and carbohydrates which all help to keep us fit.

Look at the foods. Put a green tick in the box for those you think are the most **healthy**.

☐☐☐☐☐☐☐☐