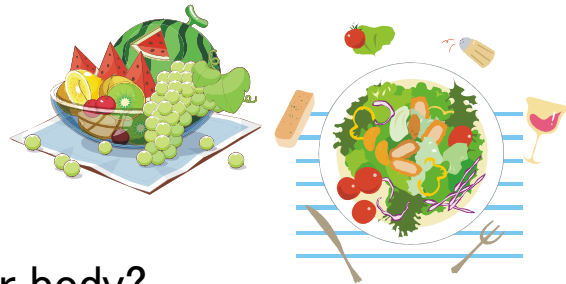


# Healthy Food

Fruits and vegetables are good for our body. They have *vitamins* and they make our skin soft and *smooth*. It is good for you to eat fruits and vegetables in the morning. They help you stay *healthy* and *produce* much energy. So let's eat them for our healthy life!



- 1 What are good for our body?
- 2 What do fruits and vegetables have?
- 3 Why are they good?
- 4 Is it good to eat them in the morning?
- 5 Do you like fruits and vegetables?
- 6 What are your favorite fruits and vegetables?
- 7 What fruits and vegetables do you dislike?
- 8 What do you eat for breakfast?

## Vocabulary List

**vitamin:**

a natural nutrient in food that helps human beings and animals grow and stay healthy

(ビタミン)

**smooth:**

even and flat without any holes or lumps

(なめらかな、すべすべした)

**healthy:**

having a good body condition with less possibility to become sick or ill

(健康な)

**produce:**

to make things mostly in large numbers

(生産する)