
Healthy Food
PM+

For teachers' inspection ONLY

We all need to eat food.

We need to drink
lots of water
every day, too.



Food helps children to grow and play,
and to do their school work.


BREAD SHOP
PATISSERIE
BREAD

Some foods are very good for us.



bread



pasta





cereals



rice

We can eat lots of these foods.

For teachers' inspection ONLY



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Vegetables are very good for us.
We can eat them every day.

For teachers' inspection ONLY

Some vegetables are green
and some are red.



Some vegetables are white
and some are orange.

