

Reading Comprehension

Food We Eat



Food gives us energy to work and play. We should eat different types of food. Fruits and vegetables keep us healthy. Milk makes our bones strong. Rice and wheat give us energy. We should wash fruits and vegetables before eating them. We should not waste food. Some foods like ice cream and chocolate are tasty but we should eat them in small amounts. We should always wash our hands before eating. Food from all food groups helps us grow.

1. What makes our bones strong?

2. Why should we wash fruits and vegetables?

3. Name two foods that give us energy.
