Eat most – vegetables and fruit

Eating a variety of foods helps you get enough energy, nutrients, vitamins and minerals to grow and be healthy.

1 **Fill** in the table below.

3 examples of **vegetables** that I already eat	
3 examples of **fruit** that I already eat	
1 **vegetable** I would like try	
1 **fruit** I would like to try	
My favourite meal that contains **at least 2** different vegetables	

2 Why are vegetables and fruit so good for us?

vegetables
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