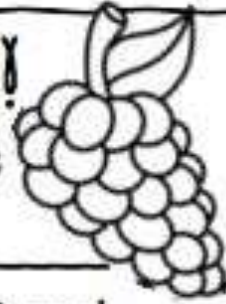


Read and write the correct word from the eggplant:

Fruits are Fantastic!



Fruits and vegetables are fantastic because they help to keep us _____

Fruits and vegetables have lots of different _____ that our bodies need. Fruits such as _____ give us lots of vitamin C. Vitamin C helps our bodies to fight _____. Vegetables like _____ give us lots of vitamin A.

Vitamin A helps our _____ to see well. It is good to eat a variety of fruits and vegetables so that we get lots of different vitamins!



Draw and label a fruit or vegetable you like.

