

Colours.

Foods.

School.

## ***WHY WE SHOULD HAVE HEALTHY EATING HABITS?***

Healthy eating will help you get the right balance of vitamins, minerals, and other nutrients. It will help you feel your best and have plenty of energy. It can help you handle stress better.

Each different color fruit and vegetables contains unique health components that are essential to our health. There are red, orange, yellow, green, blue and purple colors.

# ***RED FOODS***

Red foods get you moving. They give you extra boost, will protect you from many serious illnesses and can keep you active for longer inspite of all your homework. Examples: apple, watermelon, strawberry, tomato, cherry and etc.



# ***ORANGE FOODS***

Orange foods are brain food. They help improve powers of concentration and have lots of vitamin C. Vitamin C helps your body fight off infections and concentrate at the lessons. Examples: carrot, orange, p



# ***YELLOW FOODS***

Yellow foods help us stay happy. They make you more optimistic. Just eat something yellow and you will feel a bit better. Go ahead !

Examples: banana, lemon, corn, pineapple and etc.



# ***GREEN FOODS.***

Green foods keep your emotions under control. These foods are good for you because they contain vitamins and minerals that keep your teeth and bones strong and healthy.

Examples: broccoli, lettuce, cucumbers, pear and etc.



# ***BLUE FOODS***

Blue foods are soothing, both emotionally and physically, and prepare you for a good night's rest. So if your tummy starts rumbling, you can eat bowl of blueberries or raisins.

Examples: blueberry, raisins, blackberry and etc.



# ***PURPLE FOODS***

Purple foods make people more creative. These foods can keep you looking young! You will have less lines and wrinkles.

Examples: fig, grape, plum, aubergine and etc.



Most people know that fruits and vegetables are an important part of a healthy, balanced diet and can help to fill us up when we're trying to lose weight. But we should eat them in the correct way.



It's really difficult to wake up in the morning. You should be energetic at school. So if you eat something red in the morning, you will be active all day!  
E.g. eat 2 big apples for breakfast .





For nosh at school you can eat some yellow food. You should be more optimistic , because studying is really tiring and boring.

E.g. eat 2 bananas, because it's convenient to take them to school.

For lunch you should eat something orange. You'll have to do homework, so because of this kind of food your brain will work better.

E.g. eat 3 carrots and 2 oranges.



For dinner you can eat something green. In the evening everyone wants to have a rest. So green foods will help you calm down your emotions.  
E.g. eat 2 pears and 1 apple.



# ***What color are these fruits?***

1)fig

2)raisin

3)pea

4)strawberry

5)melon

6)celery

7)lettuce

8)grape

9)pumpkin



*The End*

