

NAME:

DATE:

## Reading Comprehension

Read and understand the text below. Then answer the questions following it.

Eating fruits and vegetables is good for your body. Apples, bananas, carrots, and spinach are healthy choices. When you eat these foods, your body grows strong, and you have energy to play.



### Guide Questions:

1. **What foods should kids like you eat?**

- a. Sweet treats    b. Junk foods    c. Fruits and vegetables

2. **What is your favorite fruit?**

- a. Apple    b. Banana    c. Orange

3. **What are the benefits of eating fruits and vegetables?**

- a. You will have energy and a strong body  
b. You will feel tired  
c. You will get diseases