

Colorful Food

Brain Starter



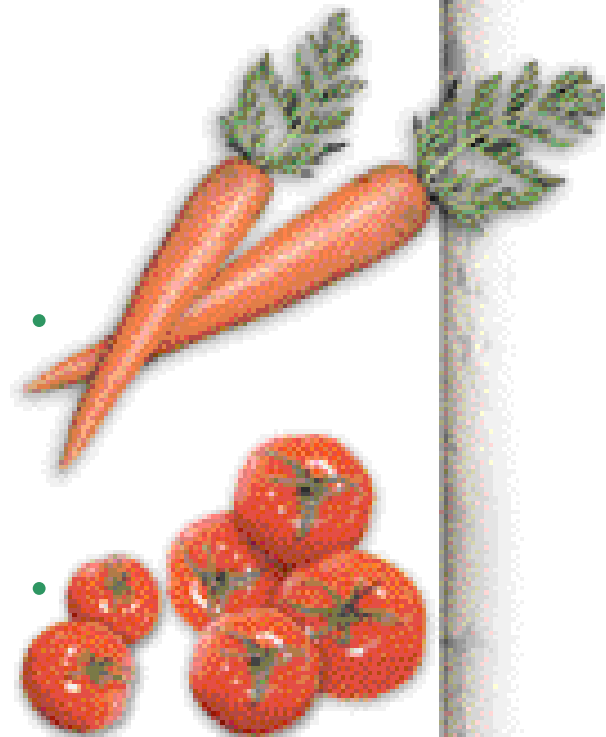
CD-01

Listen to the talk. Match the picture with the right explanation(s).

(A) They are good for your eyes. •

(B) They are good for your skin. •

(C) They are good for your heart. •



Talk about It

What food do you like best? What color is the food?

Colorful Food



Answer the following questions. Are tomatoes good for our heart? Are grapes good for our blood? Maybe you want to **look through** the Internet. Well, you don't need to do that. Just think about the food's color! Color tells you something important. How does food make your body stronger? Food colors tell you about it!

Food of each color helps your body in a different way. Fruits and vegetables have different colors. They are red, yellow, white, **purple**, and green. To build a strong body, eat from all five colors.

First, for a healthy heart, eat bright red foods. Red beans and tomatoes are good examples. An apple is **helpful** for the heart, too. Yellow foods like sweet potatoes are good for your eyes. White foods **lower blood pressure**, and a banana is a good example. Eat purple foods like grapes, too, for healthy blood.

Finally, dark green vegetables like **spinach** make strong **bones** and teeth. They help children's **growth**.

Put some color in your **diet**, and you can stay healthy!



1 What is the main idea of this reading?

- a. Red foods are good for our heart. b. Food color tells about food.
- c. Bright foods are better than dark foods. d. There are many colorful foods.

2 Where can you find this reading?

- a. in a magazine b. in a storybook c. in a diary d. in a letter

3 Fill in the blank with the word from the reading.

	Some examples are ...	They are good for ...
Yellow foods	sweet potatoes	(1) _____
Purple foods	(2) _____	blood
Green foods	(3) _____	bones and teeth

4 Give good advice for each student.

- I am Peter. My mom has a weak heart. What kinds of food are good for her?

→ Your mother should eat lots of red foods.

- (1) _____ and
(2) _____ are good for the heart.
(3) _____ are helpful, too.

- I am Susan. I am short, and I am very weak. I want to be strong!

→ You should eat green foods.

- Spinach makes strong (4) _____
and (5) _____. It helps children's
(6) _____.

Review

Re-Word

Choose the word(s) that best matches the words in each group.

look through	growth	diet	helpful
(1) growing, increase → _____	(2) check, study → _____		
(3) vegetable, meat → _____	(4) good, useful → _____		

Re-Grammar

Subject-Verb Agreement: A subject should match the verb in number.

- Red beans and tomatoes ~~is~~ good examples.
↳ are (O)

- An apple *is* good for the heart, too.
- Color *tells* you something important.
- Food colors *tell* you about it.

1 Circle the right one.

- (1) The yellow book (**is** / **are**) hers.
- (2) A carrot (**have** / **has**) lots of vitamins.
- (3) Fresh vegetables (**keep** / **keeps**) your bodies strong.
- (4) A notebook and a pen (**is** / **are**) on the table.

2 Fill in the blank with the word from the box.

likes	are	eat	is
-------	-----	-----	----

- (1) Fresh fruits _____ good for our health.
- (2) I like tomatoes. My best friend _____ them, too.
- (3) His name _____ Peter.
- (4) Susan and Jane _____ lots of vegetables every day.