

Name:

Date:

Ther Super Foods

Sam was playing in the park when—POOF!—a talking carrot jumped out of his lunchbox.

“Hi! I’m Captain Carrot, and I’m here to talk about nutrition!”

Suddenly, an apple rolled up.

“I give you vitamins to keep you healthy,” said Apple Annie.

A slice of bread walked over.

“I give you energy so you can run fast,” said Benny Bread.

A piece of cheese waved from a distance.

“I make your bones strong,” shouted Cheesy Charlie.

Then a tiny chocolate bar hopped forward.

“I’m tasty, but... too much of me can make you tired and sick,” it said sadly.

Captain Carrot explained,

“Good nutrition means eating different kinds of food, so your body gets all the things it needs to grow, play, and think!”

Sam nodded, “So I need energy, vitamins, strong bones... and a little treat sometimes?”

“Exactly!” the foods cheered.

1. Who gives you vitamins in the story?

2. Which food helps you run fast?

3. What does cheese help with?
