

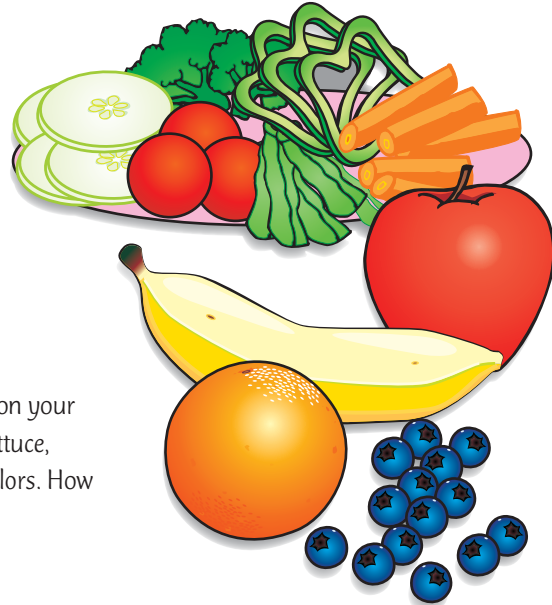
Read the article.

## Bite Into Healthy Eating!

### Awesome Fruits and Vegetables

That carrot you just ate is a food that is super good for you. So is the banana on your cereal. Fruits and vegetables are packed with vitamins, minerals, and fiber. Eat some at every meal. It will help you feel good. It will also keep your heart healthy.

Which fruits and vegetables are good for you? *All* of them! Fill at least half your plate with these foods. Kids ages 4–13 need 1½ cups of fruit a day. They need from 1 to 2½ cups of vegetables a day. Older teens and adults may need even more.



### Eat the Rainbow

Eating more fruits and vegetables is easy and fun. Put blueberries on your cereal. Put green peppers in your scrambled eggs. Toss a salad with lettuce, carrots, and tomatoes. Fruits and vegetables come in a rainbow of colors. How many colors can you eat in one day?

### Read the Labels

When you eat canned or frozen fruits and vegetables, read the label. Canned and frozen fruits and vegetables may have too much salt and sugar. Read the labels and see. Look for fruit packed in water or its own juice. Look for vegetables without sauces or added sodium.

Learn to love fruits and vegetables now. It will keep you and your heart healthy.

Write the answers.

1. Fruits and vegetables have \_\_\_\_\_.  
 a. vitamins      b. minerals      c. fiber      d. vitamins, minerals and fiber
  
2. True or False: Eating fruits and vegetables helps keep your heart healthy. \_\_\_\_\_
  
3. About how much of your plate should contain fruits and vegetables? \_\_\_\_\_
  
4. What does “eat the rainbow” mean? \_\_\_\_\_  
 \_\_\_\_\_
  
5. Name two things you can find out from reading food labels. \_\_\_\_\_  
 \_\_\_\_\_

(RI.2.1)  
**Answer Key**

**“Bite Into Healthy Eating!”**

1. d
2. True
3. at least half
4. Eat a variety of fruits and vegetables that come in a variety of colors.
5. how much sodium and sugar are added to foods