



WHY EAT FRUITS AND VEGGIES?

Fruits and veggies are tasty and good for your body!

Fruits and veggies keep your body strong and healthy in many ways:

- They contain vitamins and minerals which help your body to work right and stay healthy.
- They help your body grow.
- They help keep your eyes, hair and skin healthy.
- They help protect your body from getting sick with a cold or the flu.
- They have fiber which helps your digestive system.

Fiber in apples helps you feel full for longer



Carrots have vitamin A to help you see at night



Broccoli has vitamin K to help you heal from cuts and scrapes