

Foods for life

People can not live without food



Where does our food come from?

- Milk comes from cows .From milk people make butter and cheese .
- .Children like milk. I like milk too .But my father does not like milk , he likes tea .



- From plants we get fruit and vegetables. A lot of fruit grows on trees: apples , oranges and bananas. Some plants have fruit too, like coffee plant. So coffee is a fruit drink!



What about tea ?

- Tea comes from a plant too, but it is not a fruit . We make tea from leaves of a plant, so tea is a vegetable.



What about tomatoes ?

- “ Tomatoes are a vegetable, “ some people say . No , they are not . Tomatoes are fruit .



- Remember to buy and eat the right food! Remember the proverb : An apple a day keeps the doctor away. Eat a lot of fruit and vegetables! Drink milk and juice! They have got a lot of vitamins.

