

BrightFish Writing Activity

Comprehension questions for “Eating Healthy”

Score: /8

Read “Eating Healthy” and answer the two questions in the space below. Remember to use capitals, correct spelling and punctuation!



Eating Healthy

It is important to eat healthy foods. Healthy foods are good for you. They help you grow. They give you energy. Vegetables are very healthy. You need to eat vegetables every day. Try to eat vegetables that are fresh. You need to eat about five servings of vegetables every day. What is a serving? A serving is about the size of a light bulb.

There are many kinds of vegetables. Try to eat vegetables of different colors. Vegetables are not always green! There are red, orange, and yellow vegetables. There are also purple and white vegetables.

Question 1: How do vegetables help you stay healthy?

Question 2: Why do you think it's important to eat different kinds of vegetables?

