



Read the text.

Your body is like a car.  
Fuel makes a car go.  
Fuel makes your body  
go too.  
You get fuel from food.



Eat fruits and vegetables.  
They can help make you healthy.

Eat nuts.  
They can help make you strong.



Eat grains.  
They can fill you up.

Eat well.  
You will get sick  
less often.  
You will feel good.



Answer the questions.

What does the author say your body is like?

Why do you need food?

What does fuel do?

Why are fruits and vegetables good for you?

How can eating nuts help you?

Why is grain a good fuel for your body?

What does the author want you to do?

Why should we eat well?

They make you healthy.

You will get sick less often and feel good.

They can help make you strong.

Eat food that is good for you.

Food makes your body go.

It fills you up.

Your body is like a car.

It makes things go.

Objective: Identify an author's point of view.

