ATIVIDADE REFERENTE A SEMANA 20   14/07/2025 a 18/07/2025.
COMPONENTE CURRICULAR: Língua Inglesa   TURMA: 82
PROFESSORA: Mariane M. C. Pessin

OBSERVAÇÕES:**Oplanejamentodaaulapoderásofrer alterações conforme a necessidade da professora.**

ORIENTAÇÕES: Copiar o texto e os exercícios, que serão projetados na tela do quadro, no caderno. Resolver os exercícios. Podem usar dicionários.

READING COMPREHENSION ACTIVITY

THE IMPORTANCE OF EATING VEGETABLES

Vegetables are an essential part of a healthy diet. They give our bodies important nutrients like vitamins, minerals, and fiber. For example, carrots are rich in vitamin A, which helps our eyes stay strong and healthy. Spinach and other leafy greens are full of iron, which helps our blood carry oxygen throughout our body.

Eating a variety of vegetables helps us grow and keeps us from getting sick. Each vegetable has its own special benefits. For instance, broccoli helps protect us from illnesses, and sweet potatoes give us lots of energy.

Vegetables also help our bodies stay in balance because they are low in fat and high in fiber. Eating different kinds of vegetables every day makes sure we get all the nutrients we need to stay healthy and strong.

So remember to fill your plate with colorful vegetables to feel your best and stay healthy!

Read the text. Then read the sentences and decide if they are true or false.

1. Carrots are rich in vitamin A, which helps our eyes stay healthy.   True   False

2. Spinach is full of iron, which helps our blood carry oxygen.   True   False

3. Broccoli does not help protect us from illnesses.   True   False

4. Vegetables are high in fat and low in fiber.   True   False

5. Eating different vegetables gives us all the nutrients we need.   True   False

Answer the following questions using information from the text

1. Why are vegetables important for our bodies? _____

2. Which vegetable helps keep our eyes healthy? _____

3. What does spinach give our bodies? _____

4. How does broccoli help us? _____

5. Why is it important to eat different vegetables? _____