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Fruit and Veggie Power: Why Kids Should Eat More of Them



Are you ready to embark on a delicious and healthy adventure? In this persuasive piece, we're going to explore why it's essential for kids to eat more fruits and vegetables. Get ready to discover the incredible benefits of adding colorful, nutrient-packed foods to your plate!

They Boost Your Superpowers: Fruits and vegetables are like the superheroes of the food world. They're packed with vitamins, minerals, and antioxidants that help keep you healthy and strong. Eating them regularly can give you the superpower to fight off illnesses and infections.

- **Healthy Body, Happy You:** When you eat a variety of fruits and vegetables, you give your body the fuel it needs to grow and stay healthy. They help keep your heart, bones, and muscles in top-notch condition. Plus, they can even give you glowing skin and shiny hair!
- **Power Up Your Brain:** Your brain works hard every day, and it needs the right nutrients to stay sharp. Fruits and veggies, especially colorful ones like berries and leafy greens, are brain boosters. They help you concentrate in school, solve tricky puzzles, and come up with creative ideas.
- **Energy on Tap:** Feeling tired? Fruits and vegetables can help with that too! They're loaded with natural sugars and fiber that give you a steady supply of energy throughout the day. Skip the sugary snacks and reach for a juicy apple or some carrot sticks instead.
- **Strong as a Rock:** Your body needs strong bones to run, jump, and play. Foods like broccoli, oranges, and spinach are rich in calcium and vitamin D, which are like building blocks for your bones. So, eat your veggies to grow up strong!