Research for a healthy recipe

Nom: _____ Data: _____

1 **Choose** a good question for a research about a healthy recipe. A good question is short and clear. **Circle** a, b or c.

a. What is everything about food?

b. Why is food nice?

c. Why are fruit and vegetables healthy?

2 **Read** the information sheet. **Find** two facts for the question. **Write** the heading and the fact in the notes.



Fruit and vegetables: Eat fruit and vegetables every day.



Water: Drink water every day.



Exercise: Move your body every day.

Heading	Fact
Fruit and vegetables	Eat them every day.
Water	Drink water every day.

3 **Write** where the facts come from. Then **write** one sentence about your recipe.

Source: the information sheet about _____

My healthy recipe has _____

It is healthy because _____