

VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI

CLASS-4'A'

SUBJECT-CO-CURRICULAR ACTIVITIES

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BASED ON NCERT PATTERN

Reasons to eat fruits



Apples = Help You Develop Infection Resistance
Bananas = Give you Energy
Berries = Antioxidants Boost Brain Function
Cherries = Help Calm Your Nervous System
Grapes = Relax Your Blood Vessels
Kiwis = Increase Bone Mass
Mangos = Protect Against Certain Cancers
Oranges = Help Maintain Great Skin & Vision
Peaches = Rich in Potassium, Fluoride & Iron
Pineapples = Help Fight Arthritis
Strawberries = Potentially Fight Cancer & Aging
Watermelon = Helps Control Your Heart Rate

Homework-Write and learn it. Take 1 fruit daily in your diet to keep yourself healthy and active .