

Food and Health

เลือกคำในกรอบต่อไปนี้ เติมลงในช่องว่างให้เหมาะสม

bones	see	papaya	diarrhoea	lime juice	skin
healthy	coughs	tamarind	bleeding gums	vitamin C	toilet



1. _____ is rich in vitamin A, vitamin C and iron.

Green papaya stops _____.



2. Mango is rich in calcium for strong _____ and

vitamin A for smooth _____.



3. Guava is highest in _____ to fight against a

cold. It also helps to stop _____.



4. _____ is rich in vitamin A, B1, B2 and C.

It helps you to go to the _____ easily.



5. Carrots help you to _____ well in the dark.

Perfect for staying _____.



6. _____ is high in vitamin C.

Good for colds and _____.