

Healthy Food

Reading Out Loud Exercise

Florence is the mother of two children. She goes grocery shopping every



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Saturday morning. She works Monday through Friday and is off on Saturday.

Florence wants her children to be healthy and to eat good food. She buys fresh fruit and vegetables, milk, cheese, meat, eggs, beans, bread, corn tortillas, peanut butter, and brown rice. She also buys ice cream, yogurt, oatmeal cookies, and popcorn for snacks.

Her son and her daughter like the meals she makes at home, but once a week they go out for pizza or hamburgers and fries.

Florence is setting a good example for her children by serving healthy meals.