



Good Food for Kids

EZI NRI MAKA UMUAKA

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Nmiri ara ehi, azu na akwukwo nri di iche iche na enyere umuaka aka maka okpukpu ha.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Anu ehi, anu okuko, azu na agwa na enye ike na ume. Nri ndia kwesiri iri ngbe obula.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Nkpuru osisi di-iche-iche na nyere mmiri na ubara aka. Ha na emeka anya na okpukpu ahụ di nma.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Ume na igba garagara di nkpa. Ihe indira na esi na osika pa, achi cha na ji.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Nri ndi eji emegbari onu ga aka nma obu na obu mgburu osisi kama otomimiriga.

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Eme ahụ gara gara site na ije ogologo ije na nyere ahụ aka.

Igbo Language Version

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