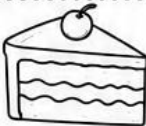


Healthy Food: True or False

Read the statements and circle True or False.

- | | | | | |
|-----|---|---|----------------------------|-----------------------------|
| 1. |  | Drinking water is good for our body. | ☐ True | ☐ False |
| 2. |  | Candy and sweets should be eaten every day. | ☐ True | ☐ False |
| 3. |  | Eating vegetables helps our body grow strong. | ☐ True | ☐ False |
| 4. |  | Chips and fries are healthier than fresh fruits. | ☐ True | ☐ False |
| 5. |  | Milk and yogurt help build strong bones and teeth. | ☐ True | ☐ False |
| 6. |  | It is okay to eat cake and cookies instead of lunch. | ☐ True | ☐ False |
| 7. |  | Eating fruits gives us important vitamins and energy. | ☐ True | ☐ False |
| 8. |  | Soda and sugary drinks are the best choice for staying healthy. | ☐ True | ☐ False |
| 9. |  | Beans, lentils, and nuts give our body protein. | ☐ True | ☐ False |
| 10. |  | We should eat breakfast to have energy for the day. | ☐ True | ☐ False |