

THE FOOD WHEEL

Write T for true or F for false.

- ☐ Apples and bananas give us vitamins and minerals.
- ☐ We should eat a lot of chocolate.
- ☐ Olive oil give us proteins.
- ☐ Meat and potatoes contain a lot of carbohydrates.
- ☐ A nutriplate should include many vegetables.
- ☐ It is unhealthy to eat a lot of sugar.
- ☐ It is unhealthy to eat a lot of fruit.
- ☐ Cereals, bread and pasta contain carbohydrates.
- ☐ Proteins help us to grow and repair our body.
- ☐ Vitamins and minerals give us energy.
- ☐ Fats give us extra energy.
- ☐ It is healthy to drink water and do some exercise.
- ☐ Tomatoes and avocado help us to stay healthy.

