

HEALTHFUL AND LESS HEALTHFUL EATING HABITS / GOOD EATING HABITS.

Draw T if the statement is correct and F if otherwise.

- ____1. Eating dairy products makes my teeth and bones healthy and strong
- ____2. Lean meats and poultry, fish, eggs, tofu, nuts and seeds are sources of calcium, which is important for strong, healthy bones.
- ____3. Vegetables should be encouraged at every meal (including snack times). They provide vitamins, minerals, dietary fiber, and nutrients that are naturally present in plants to help your body stay healthy.
- ____4. Eating fruits and vegetables won't help the digestive system function properly.
- ____5. One easy and helpful food for breakfast is cereal.
- ____6. One of the examples of an easy and helpful snack is fish crackers.
- ____7. Softdrinks or soda cause tooth decay.
- ____8. Drinking soft drinks only can lead to dehydration.
- ____9. One of the benefits of drinking water is it makes energy for the body.
- ____10. Citrus fruits and strawberry are a good source of Vitamin A.
- ____11. Spinach is a good source for blood to avoid anemia.

_____12. Biscuit and Cakes are low sugar foods and good for the body.

_____13. Kids who eat fruits and vegetables can perform well in studies or academics.

_____14. Protein can be found in lean meats, egg or in nuts.

_____15. Fruits and vegetable should be included in our snack meal.