

FOODS WE NEED TO EAT LESS OFTEN

1.- Which food is in the group of food that we need to eat less often?

2.- What problem do sugar cause in our teeth?

3.- How many grams of sugar do children should eat a day?

4.- How many sugar cubes are 19 grams of sugar?

5.- How much sugar does a can of Coca Cola contains?

6.- Fruit contains _____

7.- Cheese contains _____

8.- What do you need to fuel your body?
