

Nama :

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Answer the statements below correctly!

NO	STATEMENT	TRUE	FALSE
1	Healthy foods are foods that give you all the nutrients you need to stay healthy, feel healthy, and have lots of energy		
2	Eating vegetables, salad or fruit are not healthy foods		
3	Your body does not needs protein to support growth and maintain body health		
4	Vitamin, mineral and calcium are the criteria for healthy food		
5	Vegetables, fruits, meat, fish and eggs are example of healthy foods		

Chose the **Healthy** food and **Less Healthy** food!



Look at the following statements (Questions 1-5) and the list of Tips!

Tips of Healthy Eating

- A. Eat real food, not processed food.
- B. Eat a variety of different foods.
- C. Cook more than eating out.
- D. Stop eating before you are full.
- E. Eat at the dining table, not in your car or at your desk.
- F. Drink water and forget everything else.

Match each statement with the correct tips, A-F based on the reading text.

- 1. It takes time for the brain to get the information that you have eaten enough. ()
- 2. You need to focus and find a proper place to eat. ()
- 3. Cook your own meal for healthier and cheaper options. ()
- 4. Food is best when they are not over-processed. ()
- 5. More variation means more nutrients in your food. ()