

NAME: \_\_\_\_\_



# INFORMATION TRANSFER

Based on the text displayed, answer the questions below.

1. List the five main food groups mentioned in the text.

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2. Why are fruits and vegetables important for our bodies?

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3. What kind of food gives us energy to play sports and study?

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4. Which food group helps make our bones strong, and why?

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5. Why should we limit the amount of fats and sugars we eat?

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