True/False Exercise:

1. Linda has always had a healthy diet. (True / False)
2. Linda used to eat burgers and chips after basketball practice. (True / False)
3. Linda started eating more fast food six months ago. (True / False)
4. Linda used to eat two chocolate bars every day. (True / False)
5. Linda's coach talked to her about healthy eating. (True / False)
6. Linda ignored her coach's advice about healthy eating. (True / False)
7. Linda downloaded a fitness app that her coach recommended. (True / False)
8. The fitness app didn't provide any useful tips for Linda. (True / False)
9. The app gave Linda new breakfast ideas like omelette with vegetables. (True / False)
10. Linda still eats junk food every day. (True / False)
11. Linda now eats plenty of fruit and vegetables. (True / False)
12. Linda believes that exercising more is key to a healthy lifestyle. (True / False)

LIVEWORKSHEETS