

THE FOOD WHEEL

Write T for true or F for false.

- Apples and bananas give us vitamins and minerals.
- We should eat a lot of chocolate.
- Olive oil give us proteins.
- Meat and potatoes contain a lot of carbohydrates.
- A nutriplate should include many vegetables.
- It is unhealthy to eat a lot of sugar.
- It is unhealthy to eat a lot of fruit.
- Cereals, bread and pasta contain carbohydrates.
- Proteins help us to grow and repair our body.
- Vitamins and minerals give us energy.
- Fats give us extra energy.
- It is healthy to drink water and do some exercise.
- Tomatoes and avocado help us to stay healthy.

