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.

LIVEWORKSHEETS