

NAME: _____

Directions: Write **TRUE** if the statement is correct and **FALSE** if it is wrong.

Write your answer in your notebook.

- _____ 1. Good nutrition means eating the right amount of healthful foods.
- _____ 2. It is right to skip meals and eat a bulk when you are already hungry.
- _____ 3. Calories are units of heat that measure the energy used.
- _____ 4. Healthy eating requires strict dietary limitations and limiting yourself with the foods you love.
- _____ 5. Fruits and vegetables are foundation of a healthy diet.
- _____ 6. Fats are needed by the body to build healthy bones and teeth.
- _____ 7. Proteins give us energy to get up and keep us going.
- _____ 8. There are activities that do not require energy, so it is ok not to eat.
- _____ 9. It is necessary to limit sugar and salt to prevent cardiovascular disease and diabetes.
- _____ 10. Nutrients are substances in food that your body needs to grow, itself and supply you with energy