

HEALTHFUL AND LESS HEALTHFUL EATING HABITS / GOOD EATING HABITS.

Draw T if the statement is correct and F if otherwise.

- ____ 1. Eating dairy products makes my teeth and bones healthy and strong
- ____ 2. Lean meats and poultry, fish, eggs, tofu, nuts and seeds are sources of calcium, which is important for strong, healthy bones.
- ____ 3. Vegetables should be encouraged at every meal (including snack times). They provide vitamins, minerals, dietary fiber, and nutrients that are naturally present in plants to help your body stay healthy.
- ____ 4. Eating fruits and vegetables won't help the digestive system function properly.
- ____ 5. One easy and helpful food for breakfast is cereal.
- ____ 6. One of the examples of an easy and helpful snack is fish crackers.
- ____ 7. Softdrinks or soda cause tooth decay.
- ____ 8. Drinking soft drinks only can lead to dehydration.
- ____ 9. One of the benefits of drinking water is it makes energy for the body.
- ____ 10. Citrus fruits and strawberry are a good source of Vitamin A.
- ____ 11. Spinach is a good source for blood to avoid anemia.

_____12. Biscuit and Cakes are low sugar foods and good for the body.

_____13. Kids who eat fruits and vegetables can perform well in studies or academics.

_____14. Protein can be found in lean meats, egg or in nuts.

_____15. Fruits and vegetable should be included in our snack meal.