

FOOD PYRAMID

Answer the questions below.

1. It is advisable to eat foods that are high in sugar everyday.



True / False

2. Pregnant women need to drink -----
3 times a day.

- A. Orange juice
- B. Coca-Cola
- C. Milk

3. How many servings of fruits do we need to eat in a day?

- A. 2 servings a day
- B. 5.7 servings a day
- C. Not everyday



4. We have to eat ----- for strong bones.

- A. Dairy
- B. Sugar
- C. Protein