

## **FOODS WE NEED TO EAT LESS OFTEN**

1.- Which food is in the group of food that we need to eat less often?

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2.- What problem do sugar cause in our teeth?

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3.- How many grams of sugar do children should eat a day?

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4.- How many sugar cubes are 19 grams of sugar?

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5.- How much sugar does a can of Coca Cola contains?

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6.- Fruit contains \_\_\_\_\_

7.- Cheese contains \_\_\_\_\_

8.- What do you need to fuel your body?

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