

**Choose the correct answer.**

1. Fiber is very important in (healthy - unhealthy - bad) diet.
2. Vitamins make us (weak - strong - sick).
3. There are lots of (eyes - spoons - vitamins) in fruit.
4. Plants get water from the (soil - tool - oil).
5. We need protein to make our bodies (strong - small - fat).
6. Vitamins are (bad - good - hot) for all parts of the body.
7. (Sugar - Milk - Fruit) is bad for our teeth.