Nama :.....

Kelas :.....

Answer the statements below correctly!

NO	STATEMENT	TRUE	FALSE
1	Healthy foods are foods that give you all the nutrients you need to stay healthy, feel healthy, and have lots of energy		
2	Eating vegetables, salad or fruit are not healthy foods		
3	Your body does not needs protein to support growth and maintain body health		
4	Vitamin, mineral and calcium are the criteria for healthy food		
5	Vegetables, fruits, meat, fish and eggs are example of healthy foods		

Chose the **Healthy** food and **Less Healthy** food!

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Look at the following statements (Questions 1-5) and the list of Tips!

Tips of Healthy Eating

A. Eat real food, not processed food.

B. Eat a variety of different foods.

C. Cook more than eating out.

D. Stop eating before you are full.

E. Eat at the dining table, not in your car or at your desk.

F. Drink water and forget everything else.

Match each statement with the correct tips, A-F based on the reading text.

1. It takes time for the brain to get the information that you have eaten enough. ( )

2. You need to focus and ind a proper place to eat. ( )

3. Cook your own meal for healthier and cheaper options. ( )

4. Food is best when they are not over-processed. ( )

5. More variation means more nutrients in your food. ( )

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