

Read and speak.

Read and discuss the sentences about food.

Is each statement True (T) or False (F)?

Write T or F into the boxes.

- 1 ☐ Eating lots of sugar is good for you.
- 2 ☐ Too much fat is bad for you.
- 3 ☐ It is important to eat lots of different fruit and vegetables.
- 4 ☐ Eating lots of chocolate is good for you.
- 5 ☐ Eating fish is bad for you.
- 6 ☐ Vitamins are good for you.
- 7 ☐ It is important to drink lots of water through the day.