

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.