Healthy Eating Quiz

1 Fruit and vegetables provide important vitamins to protect your body from illness.

True
False

2 Drinking too much coffee can increase the risk of heart disease.

True
False

3 Eating small meals throughout the day is better for your health and well-being than having three big meals a day.

True
False

4 You should only eat a small amount of fat and sugar each day.

True
False

5 Fresh fruit contains more vitamins than frozen fruit.

True
False

6 Calcium is good for your bones and teeth.

True
False