

Do you know how much of each type of food we need?



Read the text and respond



1. 1/2 - 1/3 part of what you eat should be fruit and / or vegetables.
2. Food and vegetables contain colors / vitamins
3. Apples / chips don't contain fibre.
4. Biscuits / broccoli contain sugar.
5. Sugar helps our brain sleep/ work.
6. A lot / little sugar can make us ill.
7. Two / One of our meals should contain chicken / pasta.
8. A food like lentils / cookies help your body grow.
9. Potatoes / Bananas are not starchy food.
10. Starchy foods give you a lot / little energy.
11. We can't / can find fat in some fruit and vegetables.
12. Milk helps you have good hair / bones
13. Cheese / soda is good for your bones.