

FIBER

Answer the questions below based on the text.

1. What is fiber?

2. Which food is high in fiber?

A. Fruits

B. Meat

C. Dairy

3. How many types of fiber is there?

A. One

B. Two

C. Three

4. How much fiber do a woman need in a day?

A. 15 to 20 grams

B. 20 to 25 grams

C. 25 to 30 grams