

# FIBER

Answer the questions below based on the text.

1. What is fiber?

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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

