



ACTIVITY 14: Answer the questions

1. Do you eat a big portion of vegetables and fruits every day?
2. Now that you know that fruits and vegetables are very important, are you going to try to eat more vegetables and fruits? (ahora que sabes que las verduras y las frutas son muy importantes, ¿vas a tratar de comer más frutas y verduras?)
3. Do you eat a small portion of food that contain a lot of grease and sugar, like candies, coke, hamburgers, etc?
4. Now that you know that we only need a small portion of this food group, are you going to try to eat less of it? (Ahora que sabes que necesitamos solo una pequeña porción de estas comidas, ¿vas a tratar de comer menos de estas comidas?)

REMEMBER TO EAT FRUIT AND VEGETABLES AND ALSO TO DRINK WATER

