

A Answer the questions with information that is true for you.

1. Do you like fruit and vegetables?

2. What is your favorite fruit?

3. What is your favorite vegetable?

4. How often do you eat fruit and vegetables?

5. How many different types of fruit and vegetables do you eat every day?

B Read the text. Circle the correct information to complete the sentences.

1. Eat fruit and vegetables every (day / week).
2. Keep fruit (in the refrigerator / where you can see it).
3. Eat (two or three / different) colors of fruit and vegetables.
4. Buy (new / fresh) fruit and vegetables when you go food shopping.
5. (Eat / Don't eat) a lot of potatoes.
6. Make (soups / pasta) to eat more vegetables.

C Read the text. Circle **T** for *True* or **F** for *False*.

1. There is one type of vegetable with all the nutrients you need. T / F
2. Many people should eat more fruit and vegetables. T / F
3. It's OK to eat fruit and not vegetables. T / F
4. Don't eat dark green vegetables. T / F
5. Potatoes have a lot of nutrients. T / F
6. Soups can have lots of vegetables in them. T / F

D Write the words in the correct column in the table.

broccoli carrots cucumbers oranges strawberries tomatoes

Red fruit and vegetables	Yellow or orange fruit and vegetables	Green fruit and vegetables
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