**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 |
|---|---|---|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| | | |

LIVEWORKSHEETS