

True or False: Nutrition

Nutrition is important at every age. As a kid, you need proper nutrients to grow up healthy and strong. Read the following statements. Decide whether each statement is True or False.

- ___ 1. Fish is a great source of protein.
- ___ 2. A lot of sugar is good for you.
- ___ 3. Vitamin C is very important to keep you healthy! Oranges are a good source of vitamin C.
- ___ 4. You should eat fruits and vegetables because they contain fiber, which helps keep your digestive system healthy.
- ___ 5. Dried fruits are as healthy of a choice as fresh fruit.
- ___ 6. Drinking 4 cups of water per day is enough.
- ___ 7. Protein helps you build strong muscles, and maintain healthy body tissues.
- ___ 8. It is important to eat dairy products and drink milk when you are a kid in order to strengthen your bones.
- ___ 9. You should eat 3 servings of fruits and vegetables per day.
- ___ 10. Whole wheat bread is healthier than white bread.

Answer Key

1. True
2. False- Too much sugar can cause weight gain and tooth decay
3. True
4. True
5. False- Dried fruits have lots of added sugar
6. False- You should try to drink at least 8 cups of water per day
7. True
8. True
9. False- You should eat 5-9 servings of fruits and vegetables per day
10. True