

Name: \_\_\_\_\_

Class: \_\_\_\_\_

## Food groups: True/False

Write **True** or **False** for each sentence.

1. Egg and milk are part of the grains group. \_\_\_\_\_
2. Fruits and vegetables keep us strong and healthy. \_\_\_\_\_
3. Rice and bread give us energy. \_\_\_\_\_
4. Ice cream and curd come from dairy products. \_\_\_\_\_
5. Chicken and fish belong to the vegetable group. \_\_\_\_\_
6. Milk comes from trees. \_\_\_\_\_
7. Eating too many chocolates is bad for health. \_\_\_\_\_
8. We should eat fresh and healthy food every day. \_\_\_\_\_
9. Vegetables keep us unhealthy. \_\_\_\_\_
10. Children should drink milk every day. \_\_\_\_\_