Name: _____   Class: _____

Foods: True or False

Read each statement about food. Circle "True" or "False" depending on whether the statement is correct.

1. Eating fruits helps us grow strong and healthy. **True / False**

2. Candy is a healthy food. **True / False**

3. Drinking milk makes our bones strong. **True / False**

4. Eating too much pizza is good for our body. **True / False**

5. Fruits like apples and bananas are healthy. **True / False**

6. Soda is better for us than water. **True / False**

7. Whole grain brown rice is good for energy. **True / False**

8. Drinking lots of water is good for our health. **True / False**

9. Eating too much sugar can make us sick. **True / False**

10. Nuts are good for our health. **True / False**