

1. Match the titles with the paragraphs.

Paragraph 2:	Choose frozen
Paragraph 3:	Minimize cooking time
Paragraph 4:	Go with locally grown food
Paragraph 5:	Don't judge a book by its cover
Paragraph 6:	Keep them rough

2. Are the statements true (T) or false (F)? If the statement is false, write the correct statement.

- a) It is better if you eat fruit and vegetables which are locally grown. ☐
- b) It is always healthier to eat frozen veggies than the fresh ones. ☐
- c) Consumers should be careful when choosing the biggest and most beautiful fruit or vegetables. ☐
- d) You should cut the fruit and veggies in big pieces. Otherwise, they lose their vitamins and minerals. ☐
- e) Cooking fruit and vegetables does not necessarily cause nutrient loss. ☐
- f) If you keep the water to a minimum while cooking veggies, they will keep their nutrients. ☐
- g) Boiling fruit or vegetables until they get soft is a healthy way of cooking them. ☐