

**1. Answer the questions. Give short answers.**

- a) What are the five food groups? .....
- b) How many grams of grains do children need each day? .....
- c) What kinds of vegetables does the article recommend? .....
- d) Why shouldn't children eat too many sweets? .....

**2. Write T (True) or F (False).**

- a) There are seven food groups. ....
- b) It's not important to develop healthy eating habits in childhood. ....
- c) Nutrients give energy and help people concentrate. ....
- d) Children should eat 1.5 cups of fruit a day. ....