

**1. Write if the answer is true (T) or false (F).**

- a. Fruits and vegetables only have vitamins in them. \_\_\_\_\_
- b. To be healthy you should eat fruit and vegetables every day. \_\_\_\_\_
- c. A glass of fruit juice has less sugar than a piece of fruit. \_\_\_\_\_
- d. Dried fruits have lots of vitamins and fibre. \_\_\_\_\_

**2. Answer the questions with full sentences.**

- a. Why should you eat different colours of fruit and vegetables?  
\_\_\_\_\_.
- b. If you don't want fresh fruit, what other types of fruit can you eat?  
\_\_\_\_\_.
- c. What is the problem with dried fruit?  
\_\_\_\_\_.