

1. Are these statements true (T) or false (F)?

- a) Everyone prefers eating healthy foods.
- b) For teachers what the children eat is very important.
- c) We all need calcium, potassium, magnesium and other minerals.
- d) There are four food groups that we need to eat from every day.
- e) Fish, meat and chicken are in the dairy group.
- f) You need to exercise if you want to be healthy.

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2. Answer the following questions according to the text.

- a) What is nutrition?
- b) Why do parents pay attention to what their children eat?
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- c) Which group contains protein?
- d) Is a balanced diet enough to be completely healthy? Why? / Why not?
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- e) Think of the foods you eat in a day and write about your eating habits? What kinds of food do you usually prefer? Do you eat unhealthy foods? When?

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