

True or False?

1. If you eat the right foods, you don't need to exercise.

2. You should not eat any fat.

3. Scurvy is a disease you get if you don't eat vitamin C.

4. Vinegar is a good source of vitamin C.

5. Sugar gives you energy.

6. Milk contains Calcium.

7. A balanced diet means you weigh your food.

8. You should eat 5 fruit or vegetable portions a day.

9. You need to drink more water on a hot day than a cold day.

10. Eating meat and fish helps us grow.

11. If you clean your teeth, you can eat as many sweets as you like.

12. Lemons are a good source of Vitamin C.

13. Potatoes and rice give you energy.

14. If it tastes nice, it must be good for you.

15. Some people can never get fat no matter what they eat.

16. You can't eat too much fruit.