



PRE/POST TEST



1. WHERE DO WE GET OUR ENERGY FROM?



TRUE OR FALSE

2. FRUITS AND VEGETABLES
GIVE US IMPORTANT VITAMINS.

TRUE OR FALSE

3. FRUITS AND VEGETABLES
GROW IN THE SUPERMARKET.



TRUE OR FALSE

4. SNACK TIME GIVES OUR
BODIES A BOOST OF ENERGY.

5. WHY DO WE PUT SUGAR IN OUR FOODS OR DRINKS?

6. HOW MANY TEASPOONS OF SUGAR ARE WE
RECOMMENDED TO HAVE A DAY?

