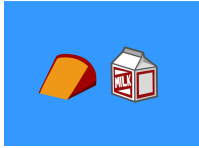
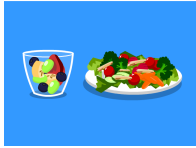


**1. Which kind of food should you eat the most?**

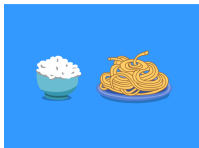
A.



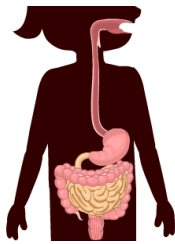
B.



C.



D.



**2. What does your digestive system do?**

- A. It takes in oxygen through the lungs.
- B. It moves all your muscles and bones.
- C. It pumps blood through your entire body.
- D. It breaks down food and takes in nutrients.

**3. Which drink has NO sugar or calories?**

- A. ice water
- B. 100% grape juice
- C. mixed fruit punch
- D. energy sports drink

**4. Why do doctors recommend that people eat more fresh food and less processed food, such as chips and hot dogs?**

- A. Fresh food has fewer vitamins than processed food.
- B. Fresh food has more nutrients than processed food.
- C. Processed food tastes much better than fresh food.
- D. Processed food takes longer to cook than fresh food.

**5. Which sentence is FALSE?**

- A. We should try to eat fresh fruits or vegetables at every meal.
- B. Junk food has few nutrients and is high in fat, sugar, or salt.
- C. Eating a healthy breakfast gives you fuel to start your day.
- D. Chocolate or strawberry milk is healthier than plain milk.