



## Healthy Eating

# What do you remember?

## Are these True or False?

Dried fruits should be eaten at mealtimes not as a snack

**True**

Chocolate biscuits are a healthier snack than plain yogurt and fruit

**False**

Biscuits contain a lot of added sugar.

Lower-fat milk is a healthier drink choice than a sports drink?

**True**

Sports drinks can contain lots of sugar. Water or lower-fat milk are better choices.

Eating too much sugar can cause tooth decay?

**True**

