

A1

You _____ eat fruits and vegetables every day.

Answer: _____

You _____ drink plenty of water.

Answer: _____

You _____ avoid eating too much junk food.

Answer: _____

You _____ wash your hands before cooking or eating.

Answer: _____

You _____ follow the recipe carefully when cooking.

Answer: _____

You _____ try new foods and flavors.

Answer: _____

You _____ share your food with others.

Answer: _____

You _____ chew your food slowly and thoroughly.

Answer: _____

You _____ not waste food.

Answer: _____

You _____ try to eat a balanced diet.

Answer: _____

Answers

You _____ eat fruits and vegetables every day.

Answer: must

You _____ drink plenty of water.

Answer: must

You _____ avoid eating too much junk food.

Answer: must

You _____ wash your hands before cooking or eating.

Answer: must

You _____ follow the recipe carefully when cooking.

Answer: must

You _____ try new foods and flavors.

Answer: should

You _____ share your food with others.

Answer: should

You _____ chew your food slowly and thoroughly.

Answer: should

You _____ not waste food.

Answer: should

You _____ try to eat a balanced diet.

Answer: should