

B1

You _____ to wash your hands before eating.

Answer: _____

You _____ to finish your vegetables before dessert.

Answer: _____

You _____ to drink enough water throughout the day.

Answer: _____

You _____ to try new foods at least once.

Answer: _____

You _____ to avoid eating too much sugar.

Answer: _____

You _____ to cook your own meals sometimes.

Answer: _____

You _____ to read food labels and check for allergens.

Answer: _____

You _____ to eat a balanced diet with all the food groups.

Answer: _____

You _____ to limit your intake of processed foods.

Answer: _____

You _____ to have a healthy and nutritious breakfast.

Answer: _____

Answers

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