

Count Your CUBES!

TRUE OF FALSE?

Please circle either "True" or "False" after each question.

1) Fruity drinks like fruit punch fit into the Fruit and Vegetables food group in Eating Well with Canada's Food Guide.

True

False

2) Sometimes people choose an unhealthy drink because their friends have an unhealthy drink.

True

False

3) Sugar is a main ingredient in many popular drinks.

True

False

4) Advertisements always help you make healthy drink choices.

True

False

5) It is OK for you to drink water, even if your friends are drinking less healthy drinks like pop and sugary fruit drinks.

True

False

6) It is important to drink a lot of water because your body and mind need water to be healthy.

True

False



Answers: 1. - F, 2. - T, 3. - T, 4. - F, 5. - T, 6. - T