

PHATTY SWEETZ is trying his best to confuse Bev and Carl. Help them identify the correct answers to these True or False questions and who knows, maybe they'll ask you to be part of the team.

TRUE

FALSE



CIRCLE YOUR ANSWERS

1. Eating your crusts makes your hair curly. T or F
2. Over 60 percent of your body is made up of water. T or F
3. Eating lots of carrots will help you see in the dark. T or F
4. Spinach gives you iron which can help to give you energy. T or F
5. Milk is not good for your teeth. T or F
6. The more sugary snacks you eat the better they are for you. T or F
7. A tomato is a fruit. T or F
8. Breakfast is the second most important meal of the day. T or F
9. Milk has calcium which helps make your bones strong. T or F
10. Nutrition is something only parents need to care about. T or F
11. Eating breakfast can help you to concentrate. T or F
12. You can make up for skipping breakfast by having a bigger lunch. T or F