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The Lifestyle Journey

Ideas for People Inc., www.ideasforpeople.com

The Back-To-Basics Healthy Eating Guide



Choose Fruit and Vegetables



Read the following statements and decide whether or not you agree with each one. Circle *Agree* or *Disagree*.

Discuss your choices with a partner.

Read the article, *Choose Fruit and Vegetables*.

Re-read the choices you made below. Has reading the article caused you to make any changes? Discuss them with your partner.

1. You need to eat one serving of either fruit or vegetables at each meal to supply your body with the essential nutrients it needs.	Agree	Disagree
2. Most people don't eat enough fruits and vegetables.	Agree	Disagree
3. Drinking fruit juice is as good a choice as eating fruit.	Agree	Disagree
4. If you didn't learn to like vegetables and fruit as a little kid, you'll never like them.	Agree	Disagree
5. Your parents control the amount of fruits and vegetables you eat each day.	Agree	Disagree