

Name: Omer Randhawa

School: Jerabek Elementary

San diego, CA, 92131

Grade : 1st first

teacher: Mrs. Mc Cawley

What are the fact and myths about eating healthy? ①

Food gives you energy.

It helps in our growth and keeps us strong. We hear a lot about healthy eating but it may be wrong.

So you should investigate the myths and facts.

• Myth:

French fries is a vegetable serving.

• Fact:

French fries are made

out of potatoes but they contain lots of salt and fat.

• Myth:

If you don't eat food for one whole day, you can double it the next day.

• Fact:

We need to have a balanced diet every single day.

• Myth:

If the food package says "All natural" it means it's healthy.

- Fact:

If the food says "all

natural" it does not

mean that food is healthy.

you should look at the ingredients.

- Myth:

If I'm not fat

I don't have to care

what I eat.

- Fact:

It is not a good choice

to eat junk food even

if you're not fat. You could

get feto

• Myth:

As long as I take

vitamin pill everyday,

I don't need to

be careful about what

I eat.

• Fact:

Eating a variety of

foods is much better

than taking a pill. Many

important nutrients are

missing in the vitamin

pills.

If you want to
make smart food choices
always investigate if it
is healthy.