

Mark "True" or "False"

1. Dairy products include seafood and poultry. True False
2. Carbohydrates are abundant in dairy products. True False
3. Our bodies need carbohydrates to produce energy. True False
4. Fruit and vegetables both aid in illness prevention. True False
5. Fish is a fantastic fat source. True False
6. Our teeth and bones are strengthened by calcium. True False
7. There are more nutrients in whole grains. True False
8. One excellent source of carbs is eggs. True False
9. Among the dairy products are cheese and yogurt. True False
10. Vital vitamins and minerals can be found in fruits and vegetables. True False