

Fruit facts: true or false?

Read each sentence about fruit. Circle True or False.

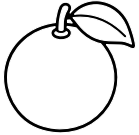
WORDS TO KNOW

vitamin C: helps your body heal and fight germs

fibre: helps food move through your body

natural sugar: gives your body energy

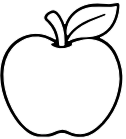
protein: helps build strong muscles



① An orange is a good source of vitamin C.

True

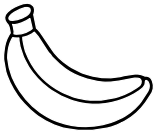
False



② Apples have lots of protein, just like meat and beans.

True

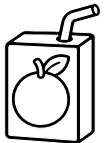
False



③ A banana has natural sugar that gives you energy.

True

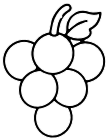
False



④ A glass of apple juice has more fibre than a whole apple.

True

False



⑤ Raisins are dried grapes. Drying them takes away all their sugar.

True

False



⑥ Strawberries have vitamin C, which helps your body fight germs.

True

False



⑦ The skin of a pear has fibre, so it is good to eat the skin.

True

False



⑧ Fruit has almost no water inside it.

True

False