

Great Tucker

There are lots of people with poor diets. They have become too fat.

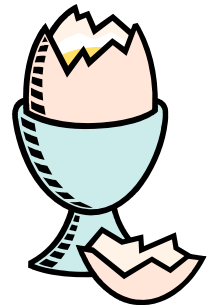
Some people think drinking lots of soft drink such as coke and fanta is okay for you, but it is not.

Drinking soft drink too often makes you fat. You can't buy soft drink in NSW schools anymore.

More people should be eating eggs.

Eggs are good for you. They contain protein, vitamins and minerals. These things are important for our growing bodies. They are good for adults too.

Eggs are good for most people unless you have an egg allergy.



1. What can happen to people who have a poor diet?
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2. Is lots of coke okay for you?
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3. What happens to people with poor diets?
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4. Eggs are good for you because they contain

p _____, v _____ and
m _____.

5. These things are important for our g _____ b _____.