

Name _____ Date _____

- **Facts** can be proven and usually do not change.
- **Opinions** are thoughts, beliefs and ideas

Write **F** or **O**

to show whether each sentence is a Fact or an Opinion

- ___ Apples give you more energy than coffee.
- ___ Purple vegetables taste the best!
- ___ Everyone should eat more vegetables.
- ___ The skin of a vegetable usually has the most nutrition.
- ___ Blueberries taste sweeter than blackberries or raspberries.
- ___ Onions have a chemical that makes your eyes water.
- ___ Fruits contain seeds.
- ___ Spinach and strawberry makes a tasty salad.
- ___ Carrot sticks should be eaten with dip.
- ___ Broccoli has more vitamin C than an orange.
- ___ Potatoes only taste good as french fries.
- ___ Some foods like watermelons can be called a fruit and a vegetable.
- ___ Raisins are dried grapes.
- ___ There are some mushrooms that glow in the dark.

Write your own fact and opinion statements about food

Fact _____

Opinion _____

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Fact _____ any fact that is a true statement about food _____

Opinion _____ any opinion about food _____