REVIEW FOR THE UNIT TEST 3 – FOOD

1. **Orden from 1 to 4.** Ana wants to make a fruit salad. What steps should she follow?

- Eat the fruit. ☐
- Wash the Fruit. ☐
- Buy the Fruit. ☐
- Peel the Fruit off. ☐

2. **Match** the food group with its definition.

Dairy group.	Help us grow and heal.
Proteins group.	Are rich in vitamins and minerals.
Fruits and vegetable group.	Contain lactose and help us to grow.
Grains group.	Contain carbohydrates and give us energy.

3. **Select the right answer.**

A) What food groups do you identify in this plate?
- Grains and proteins.
- Grains and vegetables.
- Grains and dairy.
- Vegetables and dairy.

B) What would you add to this plate to make more balanced?
- More rice.
- More vegetables.
- Some pasta.
- Some chicken.

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4. **Choose the right answer**. Healthy or unhealthy?

5. **Choose the right answer** according to the origin of food. Animal or plant?

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6. **Observe** the chart **and answer**.

	Josh	Drake	Megan
Age (years)	54	9	32
Body mass (kg)	81	29	53
Height (cm)	186	127	162
Physical activity.	2 times a week.	4 times a week.	5 times a week.

A) Who does **the most** physical activity?
- Josh.
- Drake.
- Megan.
- All of them do the same amount of physical activity.

B) Who needs more food **in order to grow**?
- Josh.
- Drake.
- Megan.
- All of them need to keep growing.

C) Who needs more food **to have energy** (for doing exercise)?
- Josh.
- Drake.
- Megan.
- None of them.

7. **Click on the correct** option.

a) Click on the product that hasn't expired yet.

b) Which tuna cans are safe to eat? (Choose all the possible answers).

May 22nd, 2022

June 24th, 2021

June 5th, 2021

May 16th, 2022

March 6th, 2021

February 1st, 2021

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