

UNIDAD EDUCATIVA BENJAMIN FRANKLIN

MONTHLY EVALUATION – 1st TERM – EXAM

Subject: Science
Course: 8th grade

Teacher: Ing. Oshims. Stanley



PART A: Nutrients

INSTRUCTION: Read all the text carefully, then provide answers the questions that follow.

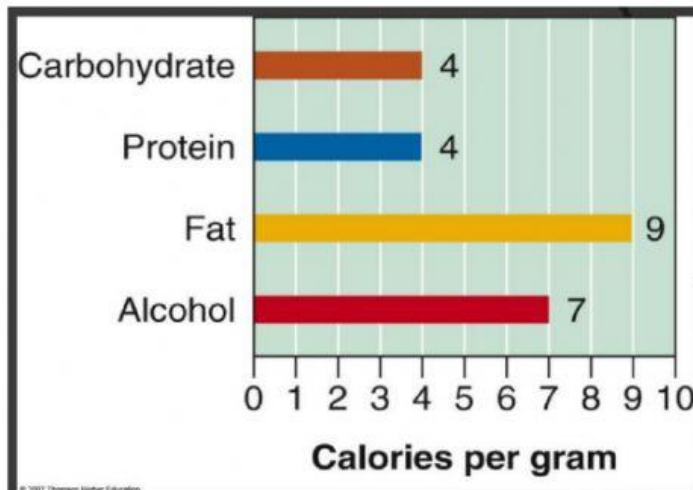
Foods contain different substances which are needed by your body these substances are called nutrients they nourish your body the nutrients you need in your daily diet are carbohydrates fats proteins vitamins and minerals different nutrients are used for different purposes carbohydrates and fats are the main source of energy. Body soles use protein to grow repair themselves and make new cells. Vitamins and minerals are needed to keep your body parts working together properly. They also needed for proper growth. No single food contains the nerve of all these nutrients. Can you see why your diet should contain variety of foods

- Where does your body get nutrients _____?
- What do nutrients do _____
- Which two nutrients are the main source of energy _____ and _____
- Which group of nutrients is especially needed for growth and repair of cells and tissues _____
- Give two reasons why your body needs vitamins and minerals
 - _____
 - _____

PART B: Classes of Nutrients

- a. Complete the table below with the six classes of nutrients following the example.

Classes of food	Three sources
Carbohydrate	
P	
F	
V	
M	



- b. Use the value from the table on the left Calculate the number of calories in a meal that contains 30 grams of carbohydrate, 20 grams of protein and 25 grams of fat

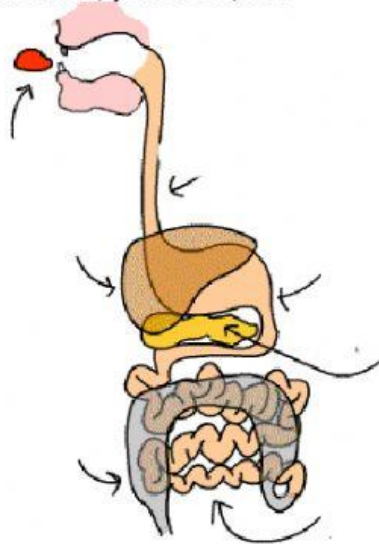
Show your work here

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Write your result here

PART C: Digestive system

- a. Complete the diagram of the digestive system. (mouth, esophagus, stomach, small intestine, large intestine, pancreas, liver)



PART D: digestive system

a. What are the four stages of digestion?

1.
2.
3.
4.

b. Define digestion

c. Complete the diagram below.

Protein

Fat/Lipid



Bread



Meat



Margarine

