

Monthly Exam in Science

Direction: Choose the correct answer.

1.



a. infant

b. child

c. adolescence

2.



a. adult

b. adolescence

c. old age

3.



a. adolescence

b. child

c. infant

4.



a. adult

b. adolescence

c. old age

5.



a. old age

b. adult

c. adolescence

6. They learn to do simple task such as taking a bath.

a. infant

b. child

7. They start to have more health problems.

a. old age

b. adolescence

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| 8. They may reproduce and starts a family. | a. adult | b. old age |
| 9. They need a lot of care for they cannot walk and feed themselves. | a. infant | b. child |
| 10. They grow face, underarm and pubic hair for they undergo puberty. | a. child | b. adolescence |
| 11. Types of food that contains carbohydrate. | a. Go Foods | b. Grow Foods |
| 12. Types of food that contains vitamins and minerals. | a. Grow Foods | b. Glow Foods |
| 13. Types of food that contains protein. | a. Glow Foods | b. Grow Foods |
| 14. It is a guide for making nourishing food choices in the amounts considered to be healthy. | a. micronutrients | b. food pyramid |
| 15. It is considered as lack of nutrition. | a. malnutrition | b. healthy |
| 16. It is a food that contains carbohydrates. | a. bread | b. fish |
| 17. It is considered as a complete food. | a. rice | b. milk |
| 18. It is a food that contains protein. | a. noodles | b. pork |

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| 19. It is a food that contains vitamins and minerals. | a. squash | b. chicken |
| 20. It gives you energy to be active. | a. protein | b. carbohydrates |
| 21. It protects you from diseases. | a. vitamins | b. calcium |
| 22. It makes you grow. | a. minerals | b. protein |
| 23. We must drink water 8-10 of glasses a day. | a. true | b. false |
| 24. It is good to eat too much sweet and salty food. | a. true | b. false |
| 25. Milk contains carbohydrates, protein and vitamins. | a. true | b. false |