BILINGUAL EDUCATIVE UNIT LICEO ALBONOR

SCIENCE 2ND QUIMESTER 1ST PARTIAL QUESTIONNAIRE QUIZ

SCHOOL YEAR 2021-2022

STUDENT'S NAME:	
COURSE:	**10th Isidro Ayora**
TEACHER:	**LOURDES VELEZ**
DATE:	**Wednesday, October 27th · 2021**

THE NUTRIENTS IN FOOD

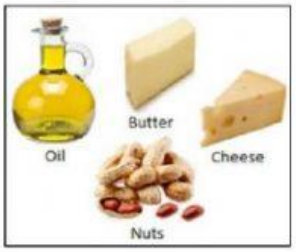
1. Match each food to the nutrient it contains.

carbohydrates

fats

proteins

vitamins and minerals









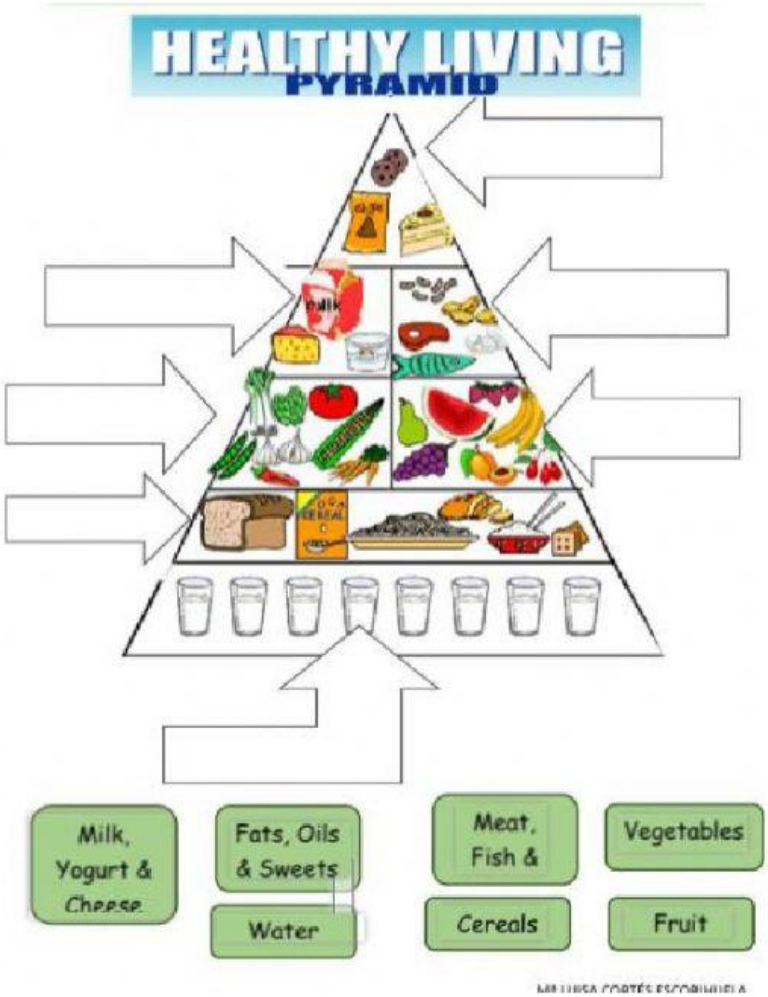
2.- MATCH WORDS WITH THEIR DEFINITIONS.

A. VOCABULARY

1. Nutrition	**A)** The sum of food consumed by a person or other organism
2. Nutrient	**B)** abnormal eating behaviors
3. Diet	**C)** ability of your body systems to work together efficiently
4. Overweight	**D)** the study of nutrients in food
5. Obesity	**E)** increase in the size and amount of fat cells in the body.
6. Eating disorder	**F)** a substance that is needed for healthy growth
7. Physical fitness	**G)** excessive fat accumulation that presents a risk to health.

LIVEWORKSHEETS

3.- DRAG EACH FOOD GROUP WHERE CORRESPOND IN THE FOOD PYRAMID.



4.- LOOK FOR THE WORDS IN THE WORD SEARCH.



LIVEWORKSHEETS

5.- MATCH THE COMPONENTS OF FITNESS TO THE CORRECT DEFINITIONS

AEROBIC ENDURANCE	The ability of the muscular system to work efficiently. It's where a muscle can continue contracting over a period of time against a light to moderate fixed resistance load.
MUSCULAR ENDURANCE	The maximum force that can be generated by a muscle or muscle group.
MUSCULAR STRENGTH	The ability of the cardiorespiratory system to work efficiently, supplying nutrients and oxygen to working muscles during sustained physical activity.
FLEXIBILITY	The relative ratio of fat mass to fat-free mass in the body
SPEED	Having an adequate range of motion at a joint. This means being able to move the joint smoothly through its full range of motion.
BODY COMPOSITION	How fast a movement can be completed. It is calculated by dividing distance (m) by time (sec).

LIVEWORKSHEETS

6.- **Match the opposites with arrows (→).**

1. start smoking	a. eat healthy food
2. have a sedentary lifestyle	b. go to bed early
3. eat junk food	c. drink lots of water
4. stay up late	d. do exercise
5. drink lots of coffee	e. give up smoking

7.- **Choose the correct option.**

1. I'm tired because I don't get enough sleep / drink water.
2. You get headaches and red eyes when you spend too much time on your screens / go to the gym.
3. My dad is overweight because he eats junk food / eats healthy food.
4. I want to do exercise / stay up late to get fit.
5. Smoking / Going to bed early can cause health problems.

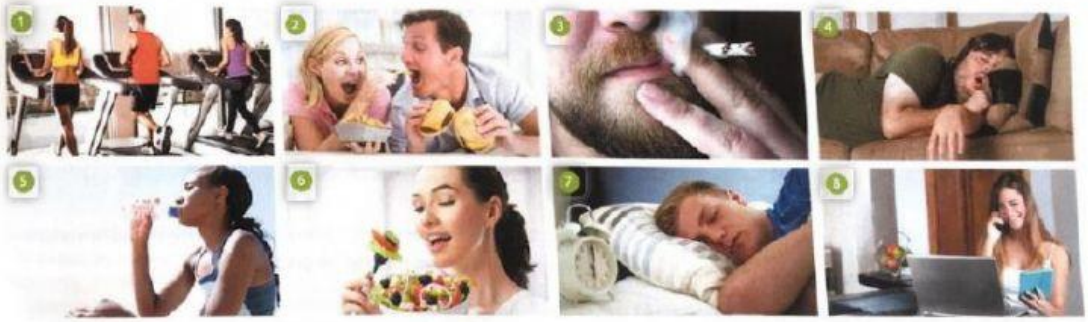
8.- **Choose True or False.**

1. It's unhealthy to drink lots of water.
   a. True b. False
2. I'm healthy because I sleep eight hours a night.
   a. True b. False
3. Smoking is unhealthy.
   a. True b. False
4. Junk food is healthy.
   a. True b. False
5. It's healthy to be lazy.
   a. True b. False

LIVEWORKSHEETS

9.- **Match the photos (1-8) with the phrases in the box below. Drag and drop the numbers on the dots (....) next to the phrases.**

..... drink water ..... eat healthy food ..... eat junk food ..... get enough sleep ..... go to the gym
..... have a sedentary lifestyle ..... smoking ..... spend too much time on your screens



10.- CLASSIFY THE FOOD AND DRINK

fish pasta apple milk cereal ham sweets chocolate cheese carrots

Fruit and vegetables	***Bread and cereals***	***Milk and dairy***	***Meat and fish***	***Sugary foods***

11.- COMPLETE THE TEXT ABOUT NUTRIENTS.

Nutrients Carbohydrates Proteins Fats mineral Vitamins

(a) .....in our food keep us healthy, help us grow and give us energy. (b) .....are for our

health. Calcium is an important(c) .....which we need for strong and healthy bones and teeth.

(d)..... are in meat and fish and they are for our growth.(e) .....give us energy.

(f) .....give us energy, too, but we only need a little of these.

LIVEWORKSHEETS