



LICEO ALBONOR BILINGUAL EDUCATIONAL UNIT

SCIENCE 1ST PARTIAL 2ND QUIMESTER TEST

PERIOD 2021-2022

STUDENT'S NAME: _____

GRADE: _____

TEACHER: Mrs. Lourdes Velez

DATE: _____

RECOMMENDATIONS

1. The online evaluation lasts 40 minutes.
2. Read carefully each statement contained in the online assessment
3. Avoid any attempt of academic dishonesty, in case of incurring in it, it will be sanctioned according to the LOEI articles 223 - 226.
4. During the test, if you have questions, write them in the Zoom chat so that the teacher can help you. Do not activate your microphone during the online assessment.
5. Upload the procedures requested in the assessment in the assignment provided on the Idukay platform.
6. Be clear and specific when writing your answers.

Good luck!

1.- MATCH EACH FOOD TO THE NUTRIENTS IT CONTAINS. (2 MARKS)

<p>Oil Butter Cheese Nuts</p>	<p>carbohydrates</p>	<p>Tomatoes Cauliflower Carrots</p>
	<p>fats</p>	<p>Bread Cereals Pasta</p>
	<p>proteins</p>	
	<p>vitamins and minerals</p>	<p>Lean beef Chicken White fish</p>

2.- MATCH WORDS WITH THEIR DEFINITIONS. (2 MARKS)

A. VOCABULARY

- | | |
|---------------|--|
| 1. Nutrition | A) The sum of food consumed by a person or other organism |
| 2. Nutrient | B) increase in the size and amount of fat cells in the body. |
| 3. Diet | C) a substance that is needed for healthy growth |
| 4. Overweight | D) the study of nutrients in food |

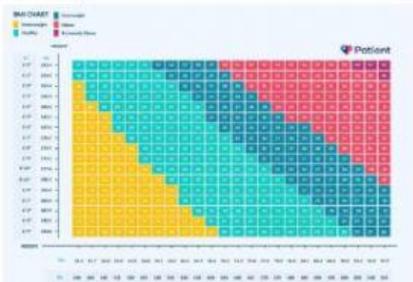
3.-READ AND WRITE THE CORRECT WORDS. (2 MARKS)

carbohydrates - minerals - proteins - fats

1. _____ nutrients in food that can be saturated, unsaturated, or trans
2. _____ nutrients in food that plants absorb from the soil
3. _____ nutrients in food that are made of long chains of sugars
4. _____ nutrients in food that are made of long chains of amino acids.

4.- LABEL THE PICTURES. (2 MARKS)

My Plate - portion size - Food Pyramid - BMI



A) _____

B) _____



Nutrition Facts	
Servings Per Container	2 (1 cup (226g))
Amount Per Serving	
Calories	250
Calories from Fat 110	
% Daily Values*	
Total Fat 12g	18%
Saturated Fat 3g	18%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	3%

*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

C) _____

D) _____

5.- CIRCLE THE CORRECT OPTION. (2 MARKS)

1.- Complex carbohydrates are long chains of.....

- A) amino acids
- B) cholesterol
- C) sugars
- D) fats

2.- The main building blocks of your body's tissues are.....

- A) calories
- B) proteins
- C) saturated fats
- D) vitamins

3.- The amount of energy your food provide is measured in.....

- A) degrees
- B) calcium
- C) vitamins
- D) calories

4.- You need smaller amounts of.....in your diet than the amounts of carbohydrates, fats, and proteins you need.

- A) energy
- B) calories
- C) vitamins
- D) water

	TEACHER	ENGLISH COORDINATOR
NAME:	Prof. Lourdes Vélez	Lcda. Joseline Yagual
SIGNATURE:		
DATE:	November 29th ,2021	November 29th ,2021