## UNIT 4: DELICIOUS FOOD EXAM

1. Classify according to their **origin** (animal, plant or mineral):

| | | | |
|---|---|---|---|
| | | | |
| MILK | | | |
| | | | |
| | | | |
| WATER | | | |

2. **Complete:**

_____ gives us nutrients. _____ give us energy and the matter our body needs to live.

_____ helps us expel waste out of our body.

3. **Complete with the most important nutrient in the following foods:**

LIVEWORKSHEETS

## UNIT 4: DELICIOUS FOOD EXAM

4. Complete:

There is natural, processed and ultra-processed food. The healthiest way to eat is by _____ our meals.

They don't have added substances → _____

They have added substances (salt, sugar, starch, oil…) to preserve it or to make it look more attractive. → _____

All the ingredients are processed and have additives in them. → _____

They don't have added substances but they are cleaned, pasteurised, skimmed, boned, sliced, peeled… → _____

5. Complete (unprocessed natural, semi-processed natural, processed or ultra-processed food):

6. Complete:

_____ food is available all year. However, _____ food is fresher food because you eat it in the seasons it grows, according to its natural cycle.

_____ avoids using synthetic fertilisers, pesticides or genetically modified crops.

_____ avoids damaging the Earth and the natural resources.

Food industry has a great impact on the environment because of the _____ consumption and the _____ expelled into the atmosphere.

LIVEWORKSHEETS

UNIT 4: DELICIOUS FOOD EXAM

7. Complete the table about nutrients:

| NUTRIENT | FOOD | FUNCTION |
|---|---|---|
| | | They give us energy, help us maintain our body temperature and protect our organs against the cold and shock. |
| | | They give us energy, but less than fats. |
| | | They are essential for the correct function of the nervous system and the contraction of the muscles. |
| | | They form muscle mass, transport substances in the blood and help in the defence of the organism. |

Well done!

LIVEWORKSHEETS