

CENTRO DE LENGUAS EXTRANJERAS

LEVEL: 5	NUTRITION	3º PARTIAL	Book 2 Units 1-7
VOCABULARY TEST			

Choose the best option.

- 1 Dieticians suggest that pregnant women should be taking about 500 extra calories per day, in their third... **A** pregnancy **B** bundle **C** trimester
- 2 Fish, such as swordfish, which contains high levels of ... should be avoided during pregnancy.
A seafood **B** mercury **C** acid
- 3 A nutritionally balanced diet cannot be replaced by prenatal vitamin
A calories **B** supplements **C** defects
- 4 ... is very important, because the nutrients it provides help build up the baby's immune system.
A Lactation **B** Breastfeeding **C** Bonding
- 5 The baby developed a ... and was taken to the doctor's, who told the mother to avoid eating strawberries when nursing. **A** rash **B** reaction **C** flavor
- 6 Some mothers choose to supplement breast with ... milk.
A sugary **B** herbal **C** formula
- 7 Margie thought about ... and start giving her son mashed up food.
A weaning **B** nursing **C** cooking
- 8 Infant feeding can be a challenging process, as first-me moms are constantly worried about how much their babies should be fed and whether they will ... while eating.
A mash up **B** digest **C** choke
- 9 In the primary stages of food eating, doctors advise mothers to prepare food that doesn't requires... **A** digesting **B** mashing **C** chewing
- 10 When toddlers are made to do things they don't want to, they often have ... which can last for quite a while. **A** tantrums **B** appetites **C** habits
- 11 Schooling starts at the age of 5, when children are ... able to learn to read and write.
A physically **B** lovingly **C** cognitively
- 12 Lucy is a ... kid. She only likes bananas. She won't eat any other fruit.
A grown-up **B** picky **C** balanced

- 13** ... should be fixed for toddlers. If they go past them, they get too red and refuse to eat.
A Servings **B** Mealtimes **C** Playtimes
- 14** Nowadays, ... is alarmingly increasing in most western countries, so healthy eating must be promoted among kids aged 6-12 and preadolescents.
A physical activity **B** frequent evaluation **C** child obesity
- 15** Fun and ... activities are the best way of introducing healthy nutrition in class.
A participatory **B** overweight **C** implemented
- 16** A school nutrition ... should be introduced in our educational system.
A guideline **B** effectiveness **C** policy
- 17** Consuming junk food too often may result in ... health problems.
A invincible **B** irreversible **C** radical
- 18** Teenage boys might take ... to help muscle development, which are likely to cause them severe health problems. **A** anabolic steroids **B** role models **C** fad diets
- 19** When something reaches a(n) ..., it reaches its highest point.
A fad **B** index **C** peak
- 20** To increase bone ... during midlife, people should consume fruits, vegetables and dairy products, daily. **A** growth **B** composition **C** density
- 21** Industrially processed foods include ... fats, which are known to raise blood cholesterol.
A trans **B** lean **C** excess
- 22** To maintain a healthy diet, never ... a meal – especially breakfast, which is the most important meal of the day.
A define **B** skip **C** limit
- 23** Older adults can get ... from sweet potatoes and legumes for low blood pressure.
A magnesium **B** calcium **C** potassium
- 24** Limiting fat intake may ... the development of cancer and arthritis.
A cut **B** retard **C** lower
- 25** A number of ... diseases, like arteriosclerosis and arthritis, usually come with old age.
A strong **B** degenerative **C** limited

WRITING SECTION

Write the stages of pregnancy:

What do you recommend to eat when pregnant? Give 5 examples

What do you recommend not to eat when pregnant? Give 5 examples

Write the ages for each stage:

Newborn ()
Infants ()
Toddlers ()
Preschoolers ()
Childhood ()
Middle Childhood ()
Young Teens ()
Teenagers ()

Mention recommendations for first foods for babies:

Mention nutrition recommendations for toddlers and preschoolers:

Mention nutrition recommendations for teenagers: