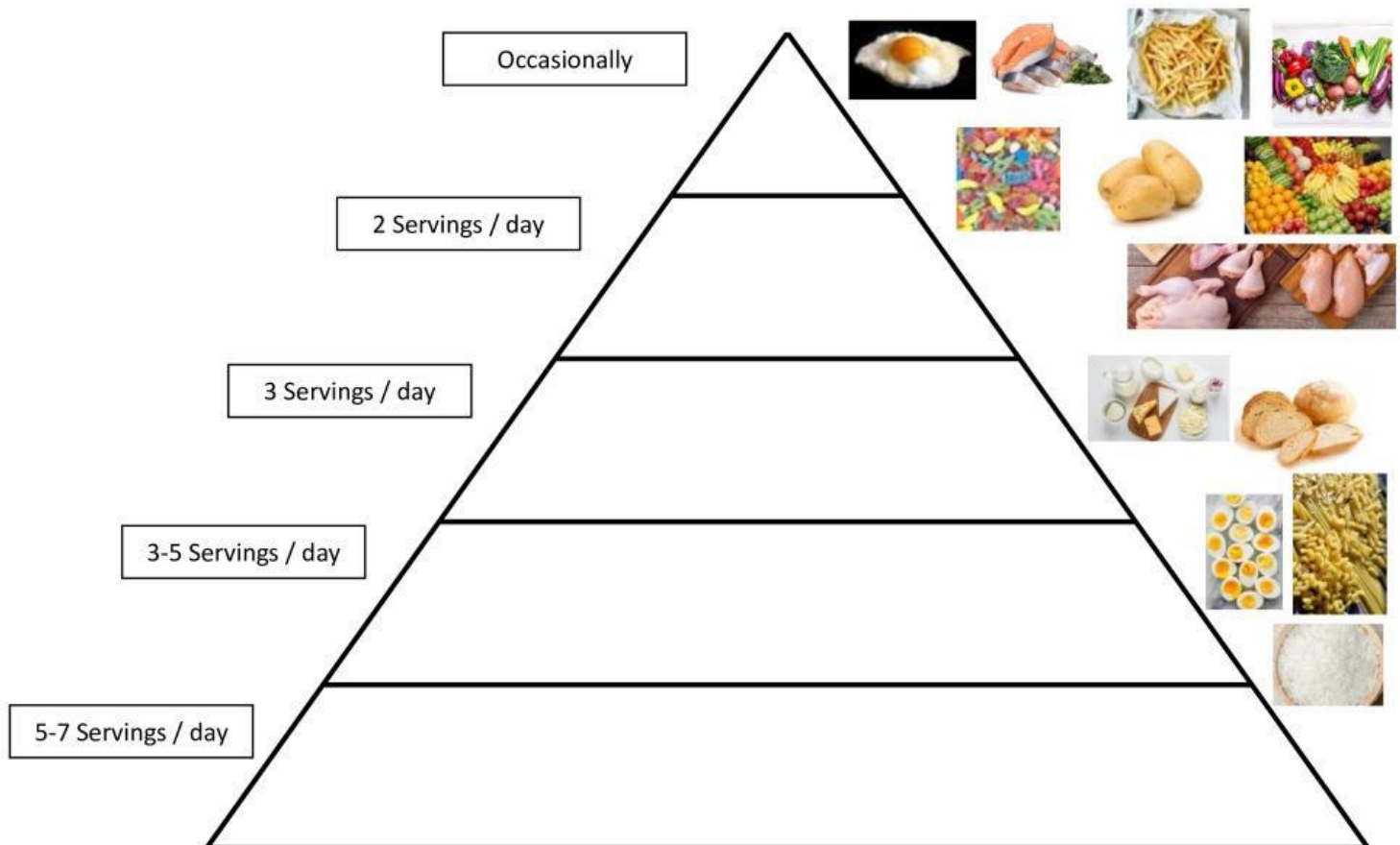




**1. True or false? Type true or false in the box.**

- Protective foods give us energy to play and study.
- We need to drink water to stay healthy.
- We need to drink water when we feel thirsty.
- Meat and eggs are protective foods.
- A balanced diet means we should eat a variety of foods.
- Fish is a body-building food.
- Pasta, rice and potato are energy-giving foods.
- Protein and vitamins are examples of nutrients.
- Vegetables and fruits are protective foods.
- Body-building foods give us energy to practice sport.
- Sweets are energy-giving foods.

**2. Fill in the blank with the examples of food at each level of the pyramid.**



**3. Match the meanings in column A with the correct words in column B.**



### Column A

- a. They measure the amount of energy in food.
- b. They are the major source of energy provided by food.
- c. Nutrient in food that are builds muscles
- d. Foods that are made from milk.
- e. Nutrients in food that can be saturated, unsaturated or trans.
- f. Nutrients in food that plants absorb from soil.
- g. It is when someone gets too many calories or nutrients in their diet.
- h. It is when someone lacks calories or some nutrients.
- i. It is an eating disorder that includes very low weight and an unrealistic body image.

### Column B

- \_\_\_ Minerals
- \_\_\_ Carbohydrates
- \_\_\_ Dairy
- \_\_\_ Anorexia nervosa
- \_\_\_ Protein
- \_\_\_ Fats
- \_\_\_ Calories
- \_\_\_ Over nourished
- \_\_\_ Undernourished



4. Below there are five salads (meals) eaten by INS Cassà students. Answer the following questions and if there are two answers, sort them following the order of the table.

| Abril                               | Jan              | Anusha                                                           | Carla                                 | Buba                    |
|-------------------------------------|------------------|------------------------------------------------------------------|---------------------------------------|-------------------------|
| Chicken<br>Bread<br>Soda<br>Brownie | Lettuce<br>Water | Diced chicken<br>Corn<br>Sweet pepper<br>Pasta<br>Potato<br>Milk | Carrots<br>Tomato<br>Lettuce<br>Water | Diced chicken<br>Cheese |

- a. Which person may suffer from dehydration? \_\_\_\_\_
- b. Whose diet is most balanced? \_\_\_\_\_
- c. Which person may feel the most tired, unfocused and hungry by the end of the day?  
\_\_\_\_\_
- d. Which person may feel hyperactive right after lunch? \_\_\_\_\_
- e. Which two persons may lose the most weight if they eat like this every day?  
\_\_\_\_\_ and \_\_\_\_\_
- f. Whose meal has the most carbohydrates? \_\_\_\_\_ and \_\_\_\_\_
- g. Whose meal has the most protein? \_\_\_\_\_
- h. Whose meal has the most protective foods? \_\_\_\_\_