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Monthly Exam in Science

Direction: Choose the correct answer.

1. 

a. infant b. child c. adolescence

2. 

a. adult b. adolescence c. old age

3. 

a. adolescence b. child c. infant

4. 

a. adult b. adolescence c. old age

5. 

a. old age b. adult c. adolescence

6. They learn to do simple task such as taking a bath. a. infant b. child

7. They start to have more health problems. a. old age b. adolescence

LIVEWORKSHEETS

8. They may reproduce and starts a family.	a. adult	b. old age
9. They need a lot of care for they cannot walk and feed themselves.	a. infant	b. child
10. They grow face, underarm and pubic hair for they undergo puberty.	a. child	b. adolescence
11. Types of food that contains carbohydrate.	a. Go Foods	b. Grow Foods
12. Types of food that contains vitamins and minerals.	a. Grow Foods	b. Glow Foods
13. Types of food that contains protein.	a. Glow Foods	b. Grow Foods
14. It is a guide for making nourishing food choices In the amounts considered to be healthy.	a. micronutrients	b. food pyramid
15. It is considered as lack of nutrition.	a. malnutrition	b. healthy
16. It is a food that contains carbohydrates.	a. bread	b. fish
17. It is considered as a complete food.	a. rice	b. milk
18. It is a food that contains protein.	a. noodles	b. pork

LIVEWORKSHEETS

19. It is a food that contains vitamins and minerals.	a. squash	b. chicken
20. It gives you energy to be active.	a. protein	b. carbohydrates
21. It protects you from diseases.	a. vitamins	b. calcium
22. It makes you grow.	a. minerals	b. protein
23. We must drink water 8-10 of glasses a day.	a. true	b. false
24. It is good to eat too much sweet and salty food.	a. true	b. false
25. Milk contains carbohydrates, protein and vitamins.	a. true	b. false

LIVEWORKSHEETS