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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

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

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