





**Colegio de Sta. Rosa- Trece Martires City, Inc.**

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NAME: \_\_\_\_\_

Grade level: \_\_\_\_\_

SCORE: \_\_\_\_\_

Date: \_\_\_\_\_

**FIRST QUARTERLY EXAMINATION IN  
HEALTH 3**

**I. IDENTIFY (1-10)**

Identify the following important nutrients for you to be healthy. Write your answer on the space provided.

**LC:** Identify the important nutrients for you to be healthy.

- \_\_\_\_\_ 1. These are sugar, starches, and fiber found in fruits, grains, vegetables, and milk products. They are the fast source of energy when you are playing or working.
- \_\_\_\_\_ 2. These nutrients are needed for normal growth of the body and repair of the body cells.
- \_\_\_\_\_ 3. These nutrients help the body use some vitamins and keep the skin healthy.
- \_\_\_\_\_ 4. It helps regulate all functions of the body.
- \_\_\_\_\_ 5. It helps the body work properly. Some food that contains of minerals are fruits such as avocado and grapes.

**II. ESSAY (11-20)**

Explain or discuss the picture below and tell the importance of knowing the Pinggang Pinoy is.

**LC:** Explain the importance of Pinggang Pinoy and the Maintaining Healthy Lifestyle.



**III. SHOWTIME! (21-35)**

Plan your meal for today using the Pinggang Pinoy.

**LC:** Show your own version of Pinggang Pinoy.

