LICEO ALBONOR

STUDENT'S NAME:_____ DATE:_____

COURSE/GRADE:_____ SUBJECT:_____

TOPIC:_____

INSTRUCTION:_____

## 1.- READ AND COMPLETE ABOUT HOW LIVING THINGS AFFECT THE ENVIRONMENT.

**sunlight - d am - harms - pond - trees**

### Animals Causes Change

Some animals change the environment to improve their habitat. Beavers, for example, need deep water. If the stream where they live is too shallow, the beavers build a pond. They cut down _____with their teeth. They use the wood to build a _____across the stream. The blocked water forms a _____behind the dam.

The change helps plants and animals that need to live in still water.

Also, the trees the beavers cut down no longer shade the ground below. Small plants and shrubs that benefit from direct _____grow in their place.

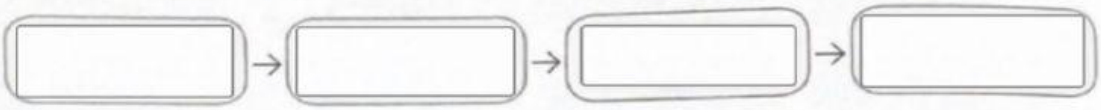
The change _____plants and animals whose homes are flooded. Trees needed to make the dam are lost. The pond also takes homes away from plants and animals that prefer the flowing water of streams

## Food Chains and Food Webs

2.- The living things in the food chain below are placed in the wrong order.

Bird → Leaves → Snake → Caterpillar

a Arrange them in the correct order.



b Identify the producer, primary consumer, secondary consumer, and tertiary consumer in the food chain as shown in (a).

Producer : _____

Primary consumer : _____

Secondary consumer : _____

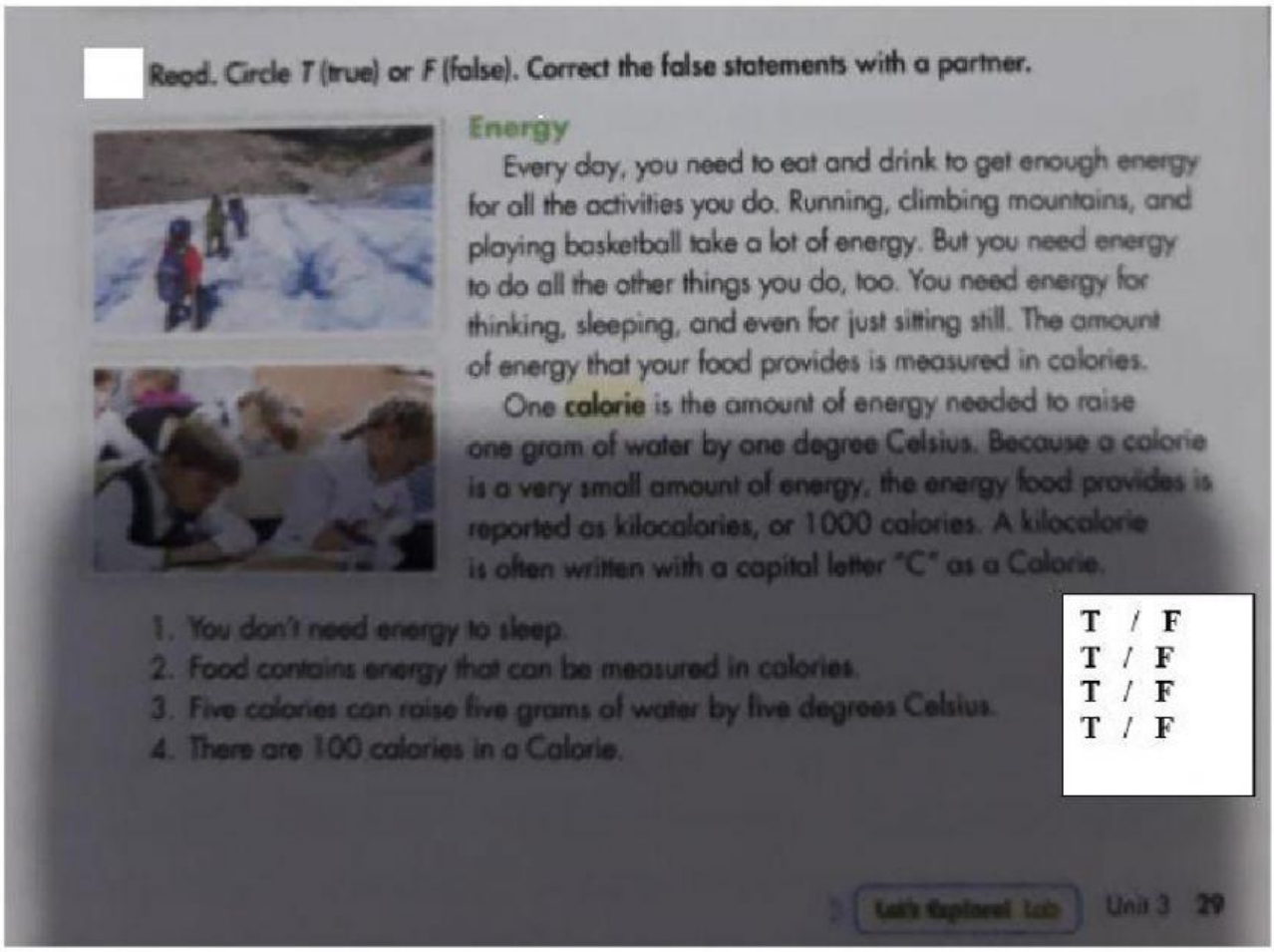
Tertiary consumer : _____

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**3.- MATCH THE WORDS WITH THEIR CORRECT DEFINITION.**

| | |
|---|---|
| **1.-** diet | **A)** a weight-to-height ratio, calculated by dividing one's weight in Kilograms |
| **2.-** fats | **B)** a natural oily or greasy substance occurring in animal bodies. |
| **3.-** body mass index | **C)** the kinds of food that a person, animal, or community habitually eats |
| **4.-** minerals | **D)** Minerals are inorganic elements that come from soil and water |

**4.- BODY AND NUTRITION: TRUE AND FALSE AND FILL IN BLANKS**



Read. Circle *T* (true) or *F* (false). Correct the false statements with a partner.





**Energy**

Every day, you need to eat and drink to get enough energy for all the activities you do. Running, climbing mountains, and playing basketball take a lot of energy. But you need energy to do all the other things you do, too. You need energy for thinking, sleeping, and even for just sitting still. The amount of energy that your food provides is measured in calories.

One **calorie** is the amount of energy needed to raise one gram of water by one degree Celsius. Because a calorie is a very small amount of energy, the energy food provides is reported as kilocalories, or 1000 calories. A kilocalorie is often written with a capital letter "C" as a Calorie.

1. You don't need energy to sleep. T / F
2. Food contains energy that can be measured in calories. T / F
3. Five calories can raise five grams of water by five degrees Celsius. T / F
4. There are 100 calories in a Calorie. T / F

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**7** **Read and fill in the blanks.**

**Proteins**

Proteins are the nutrients in your food that are the major building blocks of your body's tissues. Proteins can also provide you with energy, but only ten to 35 percent of your Calories (kcals) each day should come from protein.

Proteins are long chains of smaller molecules called **amino acids**. There are 23 amino acids that your body needs. Your body can make half of these by itself. The other half must come from your food. These amino acids are called essential amino acids.

Both animal and plant sources of food contain protein. All proteins from animal sources, including meat, fish, and eggs, contain all the essential amino acids. Proteins from plant sources, such as beans, nuts, and grains, do not contain all the essential amino acids. However, since different plants make different essential amino acids, **vegetarians**, or people who do not eat meat or fish, can combine their sources of plant protein to get all the essential amino acids in their diet.



These foods have a lot of protein.



Together, rice and beans provide all the essential amino acids.

a) Carbohydrates are made up of smaller molecules called sugars. The smaller molecules that make up proteins are _____ _____.

b) The amino acids that your body cannot make are called _____ _____ amino acids. They must come from your _____ _____.

c) Food from _____ sources contain all the essential amino acids.

d) To get all the essential amino acids, _____ must combine sources of plant protein.

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