

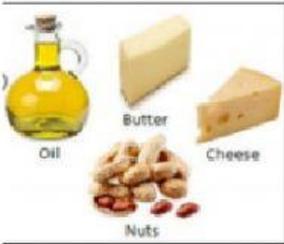
Science review for test

Student's name: _____ **Date:** _____

SELECT THE CORRECT ANSWER



- A) carbohydrates
- B) vitamins and minerals
- C) proteins

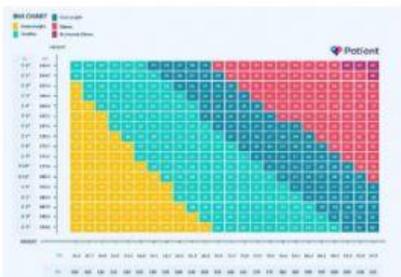


- A) Fats
- B) Carbohydrates
- C) Proteins

WRITE A DEFINITION FOR THE NEXT TERMS

- A) Nutrition: _____
- B) Nutrients: _____
- C) Diet: _____
- D) Overweight: _____
- E) Carbohydrates _____
- F) minerals _____
- G) proteins _____
- H) fats _____

LOOK AT THE PICTURE AND WRITE THE CATEGORY



- A) _____
- B) _____



Nutrition Facts	
Serving Size	1 cup (226g)
Servings Per Container	2
Amount Per Serving	
Calories 250	Calories from Fat 110
	<small>% Daily Values*</small>
Total Fat 12g	10%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
<small>*Percent Daily Values are based on a diet of other people's secrets.</small>	
<small>Your daily values may be higher or lower depending on your calorie needs.</small>	

C) _____

D) _____

COMPLETE USING THE CORRECT WORDS.

- 1.- Complex carbohydrate are long chains of _____
- 2.- The main building blocks of your body's tissues are _____
- 3.- The amount of energy your food provide is measured in _____
- 4.- You need smaller amounts of _____ in your diet than the amounts of carbohydrates, fats, and proteins you need.