



**LICEO ALBONOR BILINGUAL EDUCATIONAL UNIT**  
**SCIENCE 1<sup>ST</sup> PARTIAL 2<sup>ND</sup> QUIMESTER TEST**

**PERIOD 2021-2022**

**STUDENT'S NAME:** \_\_\_\_\_

**GRADE:** \_\_\_\_\_

**TEACHER:** Mrs. Lourdes Velez





**DATE:** \_\_\_\_\_

**RECOMMENDATIONS**

1. The online evaluation lasts 40 minutes.
2. Read carefully each statement contained in the online assessment
3. Avoid any attempt of academic dishonesty, in case of incurring in it, it will be sanctioned according to the LOEI articles 223 - 226.
4. During the test, if you have questions, write them in the Zoom chat so that the teacher can help you. Do not activate your microphone during the online assessment.
5. Upload the procedures requested in the assessment in the assignment provided on the Idukay platform.
6. Be clear and specific when writing your answers.

Good luck!

**1.- MATCH EACH FOOD TO THE NUTRIENTS IT CONTAINS. (2 MARKS)**

 <p>Oil Butter Cheese Nuts</p>	<div style="background-color: #4a86e8; color: white; padding: 5px; margin-bottom: 10px;">carbohydrates</div> <div style="background-color: #4a86e8; color: white; padding: 5px; margin-bottom: 10px;">fats</div> <div style="background-color: #4a86e8; color: white; padding: 5px; margin-bottom: 10px;">proteins</div> <div style="background-color: #4a86e8; color: white; padding: 5px;">vitamins and minerals</div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"><p>Tomatoes    Cauliflower    Carrots</p></div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"><p>Bread    Cereals    Pasta</p></div> <div style="border: 1px solid black; padding: 5px;"><p>LEAN BEEF    CHICKEN    WHITE FISH</p></div>
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**2.- MATCH WORDS WITH THEIR DEFINITIONS. (2 MARKS)**

**A. VOCABULARY**

- |  |   |
|--|---|
| <ol style="list-style-type: none"><li>1. Nutrition</li><li>2. Nutrient</li><li>3. Diet</li><li>4. Overweight</li></ol> | <ol style="list-style-type: none"><li>A) The sum of food consumed by a person or other organism</li><li>B) increase in the size and amount of fat cells in the body.</li><li>C) a substance that is needed for healthy growth</li><li>D) the study of nutrients in food</li></ol> |
|--|---|

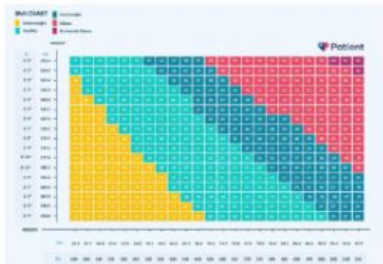
### 3.-READ AND WRITE THE CORRECT WORDS. (2 MARKS)

carbohydrates - minerals - proteins - fats

- \_\_\_\_\_ nutrients in food that can be saturated, unsaturated, or trans
- \_\_\_\_\_ nutrients in food that plants absorb from the soil
- \_\_\_\_\_ nutrients in food that are made of long chains of sugars
- \_\_\_\_\_ nutrients in food that are made of long chains of amino acids.

### 4.- LABEL THE PICTURES. (2 MARKS)

My Plate - portion size - Food Pyramid - BMI



A) \_\_\_\_\_

B) \_\_\_\_\_



Nutrition Facts	
Serving Size	1 cup (250g)
Servings Per Container	2
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>18%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4%</b>
Vitamin C	<b>2%</b>
Calcium	<b>20%</b>
Iron	<b>5%</b>

C) \_\_\_\_\_

D) \_\_\_\_\_

### 5.- CIRCLE THE CORRECT OPTION. (2 MARKS)


- Complex carbohydrates are long chains of.....
  - amino acids
  - cholesterol
  - sugars
  - fats
- The main building blocks of your body's tissues are.....
  - calories
  - proteins
  - saturated fats
  - vitamins

3.- The amount of energy your food provide is measured in.....

- A) degrees
- B) calcium
- C) vitamins
- D) calories

4.- You need smaller amounts of.....in your diet than the amounts of carbohydrates, fats, and proteins you need.

- A) energy
- B) calories
- C) vitamins
- D) water

	TEACHER	ENGLISH COORDINATOR
NAME:	Prof. Lourdes Vélez	Lcda. Joseline Yagual
SIGNATURE:		
DATE:	November 29th ,2021	November 29th ,2021