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**SECOND QUARTERLY EXAMINATION
HEALTH**

NAME _____

GRADE LEVEL: 7

INSTRUCTIONS: Match the definition in column A with its nutrients needed as you undergo changes during adolescence in column B. Write the letter of your answer on the line. (2pts each)

LC: Identify the different nutrients needed of our body.

A

- _____ 1. Teenagers need additional iron for the growth spurt. Girls at the onset of their menstrual cycle need to increase the Required iron intake.
- _____ 2. These elements promote chemical reactions in the body and may form part of many tissues. They also needed to regulate body process.
- _____ 3. During adolescence, boys need more energy foods for Increased physical activities compared to girls.
- _____ 4. Adolescence is a crucial period for bone development.
- _____ 5. Teenagers need lots of food building food at this period Of accelerated growth.
- _____ 6. Adolescents need small amounts of vitamins for normal growth and activity of the body.

B

- A. CALCIUM
- B. IRON
- C. PROTEIN
- D. CARBOHYDRATES AND FATS
- E. VITAMINS
- F. MINERALS
- G. BALANCE DIET

ESSAY

INSTRUCTIONS: Answer the following questions. Write your answer on the box below.

LC: Explain the needed to select food based on the nutritional needs during adolescence.

1. Do you think you have met the nutritional requirement for Filipino adolescents based on the Nutritional Guide Pyramid? Why do you say so? (10pts)

2. Why is it important at your age to follow the Nutritional Guide Pyramid and eat variety of food? (5pts)

My Food Consumption (25pts)

INSTRUCTIONS: Write down your food consumption for one week. You have to be truthful and do the task seriously. At the end of the week, make an assessment of your food consumption. Try to omit or miss to list down any food you eat within the week. But if you skip a meal, leave the space blank. Indicates also the amount of food and fluid intake.

Example: 1 piece fried egg, 1 cup rice, 1 piece banana, 1 1/2 glasses of water

The following table will serve as a template for your weekly food journal. Recreate the template using long bond paper.

LC: Create the one-week meal plan.

DAY	BREAKFAST	LUNCH	DINNER	SNACKS	FLUID INTAKE