



Colegio Bicultural Cananea  
3rd Period  
3rd Grade  
Health Exam  
Mrs. Alejandra

Name \_\_\_\_\_ Date \_\_\_\_\_

**Use Word Meanings**

A. Write the letter of the correct answer on the line at the left.

- \_\_\_\_\_ 1. There are 6 basic \_\_\_\_\_ found in the foods you eat.  
A. nutrition  
B. nutrients  
C. servings  
D. ingredients
- \_\_\_\_\_ 2. Every packaged food has a \_\_\_\_\_ that tells what is in the food.  
A. label  
B. servings  
C. nutrition  
D. food guide pyramid
- \_\_\_\_\_ 3. Foods that you eat between meals are called \_\_\_\_\_.  
A. servings  
B. nutrients  
C. a ballanced diet  
D. snacks

B. Use the term to complete the sentences below. Use each term only once.

|         |      |          |                    |             |
|---------|------|----------|--------------------|-------------|
| serving | diet | fluoride | food guide pyramid | ingredients |
|---------|------|----------|--------------------|-------------|

- 1.- \_\_\_\_\_ is a mineral that helps make your teeth strong.  
2.- A measured amount of food recommended for a meal or a snack is a \_\_\_\_\_.  
3.- The foods you eat and drink make up your \_\_\_\_\_.  
4.- The things that make up a food are its \_\_\_\_\_.  
5.- You can use the \_\_\_\_\_ as a tool to help you choose foods for a healthful diet.

**C. Write T or F to tell whether the statement is true or false.**

- \_\_\_\_\_ 6. It is healthful to eat just one kind of food.
- \_\_\_\_\_ 7. As long as you choose healthful foods, you can eat as much as you want.
- \_\_\_\_\_ 8. The largest part of the USD Food Guide Pyramid is the bread, pasta, rice, and cereal group.
- \_\_\_\_\_ 9. Snacks can be part of a balanced diet.
- \_\_\_\_\_ 10. Fluoride is a vitamin.

**D. Write the letter of the correct answer on the line at the left.**

- \_\_\_\_\_ 11. Fruits and vegetables are foods that come from \_\_\_\_.
- A. plants
  - B. ingredients
  - C. proteins
  - D. animals
- \_\_\_\_\_ 12. One medium sized apple is an example of a \_\_\_\_\_ from the fruit group.
- A. ingredient
  - B. nutrient
  - C. balanced diet
  - D. serving
- \_\_\_\_\_ 13. \_\_\_\_\_ is an example of a healthful snack.
- A. soda
  - B. sugary cereal
  - C. pear
  - D. candy
- \_\_\_\_\_ 14. A balanced diet contains \_\_\_\_\_.
- A. one kind of food
  - B. no snacks
  - C. a good variety of foods
  - D. only expensive foods

**15. Write 5 examples of healthy snacks.**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_