

EATING FOR HEALTH: GO, GROW, GLOW

A - Choose the correct answer.

1. Foods that contains carbohydrates.

- a. Go Foods b. Grow Foods c. Glow Foods

2. Foods that contain vitamins and minerals.

- a. Go Foods b. Grow Foods c. Glow Foods

3. Foods that contains proteins.

- a. Go Foods b. Grow Foods c. Glow Foods

4. Food that contains carbohydrates.

- a. rice b. chicken c. fruit

5. Food that contains proteins.

- a. spaghetti b. meat c. vegetable

6. Food that contains vitamin and mineral.

- a. squash b. crab c. ice cream

7. It gives you energy to be active without tiring easily.

- a. Proteins b. minerals c. carbohydrates

8. It helps your body build new cells, and therefore grow.

- a. Proteins b. minerals c. carbohydrates

9. It is considered a complete food for it contains protein, carbohydrates, vitamins, and minerals.

- a. water b. milk c. soda

10. The recommended intake of water per day.

- a. 4-6 glasses b. 6-8 glasses c. 8-10 glasses