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*

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