

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