











## UNIT 4: DELICIOUS FOOD EXAM

1. Classify according to their **origin** (animal, plant or mineral):

			
 MILK			
			
			
 WATER			

2. Complete:

\_\_\_\_\_ gives us nutrients. \_\_\_\_\_ give us energy and the matter our body needs to live.

\_\_\_\_\_ helps us expel waste out of our body.

3. Complete with the most important **nutrient** in the following foods:









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### 4. Complete:

There is natural, processed and ultra-processed food. The healthiest way to eat is by \_\_\_\_\_ our meals.

They don't have added substances → \_\_\_\_\_

They have added substances (salt, sugar, starch, oil...) to preserve it or to make it look more attractive. → \_\_\_\_\_

All the ingredients are processed and have additives in them. → \_\_\_\_\_

They don't have added substances but they are cleaned, pasteurised, skimmed, boned, sliced, peeled... → \_\_\_\_\_

### 5. Complete (unprocessed natural, semi-processed natural, processed or ultra-processed food):



### 6. Complete:

\_\_\_\_\_ food is available all year. However, \_\_\_\_\_ food is fresher food because you eat it in the seasons it grows, according to its natural cycle.

\_\_\_\_\_ avoids using synthetic fertilisers, pesticides or genetically modified crops.

\_\_\_\_\_ avoids damaging the Earth and the natural resources.

Food industry has a great impact on the environment because of the \_\_\_\_\_ consumption and the \_\_\_\_\_ expelled into the atmosphere.

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7. Complete the table about nutrients:

NUTRIENT	FOOD	FUNCTION
		They give us energy, help us maintain our body temperature and protect our organs against the cold and shock.
		They give us energy, but less than fats.
		They are essential for the correct function of the nervous system and the contraction of the muscles.
		They form muscle mass, transport substances in the blood and help in the defence of the organism.

Well done!

