1.What are the main food groups?

a. The main groups are dairy products, eggs, fish, meat and legumes.

b. The main groups are regulatory, builder and energetic.

c. The main group are Carbohydrates, Proteins, Fats.

2.What is the main function of regulatory foods?

a. These contribute to the metabolism and regulation process.

b. These repair and build tissues in the body when your body is injury.

c. These promote concentration, give strength and vitality.

3.What are the regulatory foods?

a. Eggs, fish, meat and legumes.

b. Bread, cake, chocolate and oil.

c. Fruits, vegetables and water.

4.What is the main function of builder foods?

a. Promote concentration, give strength and vitality. It is recommended

b. These contribute to the metabolism and regulation process.

c. The main function is to help repair and build tissues in the body when your body is injury.

5.What are the builder foods?

a. Fruits, vegetables and water.

b. Dairy products, eggs, fish, meat and legumes.

c. Cereals, roots and tubers.

6.What is the main function of energetic foods?

a. The main function is stimulating mental capacity, promote concentration, give strength.

b. The main function is to help repair and build tissues in the body when your body is injury.

c. the main functions is contribute to the metabolism and regulation process.

7.What are the energetic foods?

a. Dairy products, eggs, fish, meat and legumes.

b. Flours, sweets, oils and fats.

c. fruits, milk, eggs, fish and meat.

8.Why is it recommended to consume energy food?

a. It is recommended to eat these products when you running, playing sports, or walking for long periods of time.

b. It is recommended to eat these products when you sleeping, or working for long periods of time.

c. It is recommended to eat these products when you studying, or writing for long periods of time.