

### Reading Exercise

Read the text on page 97 on your Student's Book and choose the correct answers.

1. Our body is formed by:

- ☐ Vitamins and minerals
- ☐ Tissues, organs, and systems
- ☐ Nutrients and chemicals

2. The \_\_\_\_\_ provide the right amounts of fuel for a human machine.

- ☐ Calories
- ☐ Nutrients
- ☐ Chemicals

3. Rice, potatoes and pasta are:

- ☐ Nutrients
- ☐ Vitamins
- ☐ Carbohydrates

4. These help us to make new cells, build muscle, and to digest our food.

- ☐ Fat
- ☐ Nutrients
- ☐ Proteins

5. \_\_\_\_\_ is very good for our brain and tissues, but too much of it can be bad for our heart.

- ☐ Fat
- ☐ Nutrients
- ☐ Proteins

6. We can find healthy fat in:

- ☐ Tacos, pizza, and hamburgers
- ☐ Nuts, olive oil, and avocados

☐ Meat, fish, and milk

7. We can find these in fresh fruit, vegetables, fish, milk, nuts, and seeds.

☐ Fiber

☐ Vitamins and minerals

☐ Carbohydrates

8. Vitamins and minerals help us to...

☐ Concentrate and make good decisions

☐ Build muscle and digest our food

☐ Keep our digestive system healthy.

9. We need fiber to...

☐ To make new cells and to build muscle.

☐ To grow and keep healthy

☐ To keep our digestive system healthy.

10. Our body is \_\_\_\_\_ water.

☐ 60 %

☐ 70 %

☐ 90 %