

CENTRO DE LENGUAS EXTRANJERAS

LEVEL: 5

NUTRITION

2º PARTIAL

Book 1 Units 8-15

VOCABULARY TEST

Choose the best option.

26 Cocoa contains substances, like ..., which help keep blood pressure low.

A ingredients **B** flavonols **C** hormones

27 Sophie's grand-dad passed away last night. He had a

A heart attack **B** heart rate **C** blood pressure

28 Stimulants, like tannin and caffeine, increase the ... of hormones that cause stress.

A secretion **B** respiration **C** tenseness

29 Too much coffee can lead to ... disease.

A nutritional **B** pure **C** cardiovascular

30 ... fruit and nuts, such as raisins, cashews and hazelnuts, are a source of vitamins, antioxidants and fiber.

A Natural **B** Dried **C** Total

31 A small ... of nuts should be eaten daily to help reduce the risk of cancer.

A portion **B** weight **C** intake

32 During pregnancy, a moderate ... of prunes, dates and nuts is the ideal snack which can keep the mother-to-be healthily full.

A serving **B** loss **C** source

33 ... your fiber intake by eating whole grain bread and cereal, you can greatly benefit your digestive system.

A Decreasing **B** Satisfying **C** Increasing

34 Synthetic ... are chemical substances used by farmers to kill weeds that threaten their crops.

A fertilizers **B** modifications **C** pesticides

35 ... food is healthier because it is regarded as more natural and more nutritious.

A Conventional **B** Organic **C** Synthetic

36 The use of ... is forbidden on livestock.

A buffer zones **B** organic nutrients **C** growth hormones

37 Animals that are organically raised must have access to the ... for fresh air.

A outdoors **B** indoors **C** crops

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38 The ... system takes oxygen into the body through the lungs.

A skeletal-muscular B digestive C respiratory

39 The body is entirely ... by skin, which protects the muscles and the internal organs.

A covered B absorbed C converted

40 The cardiovascular system ... blood around the body.

A connects B distributes C enriches

41 ... is the process of taking nutrients – through food or drink – into your body.

A Indigestion B Ingestion C Digestion

42 Saliva contains enzymes which ... down carbohydrates.

A chop B crush C break

43 The movements of the esophagus help push the food down the ... canal.

A peristaltic B alimentary C salivary

44 The digestive process is complete when enzymes from the ... and bile from the liver are secreted. A pancreatic fluid B stomach lining C large intestine

45 The small intestine is a tube in the lower ... where the completion of the digestive process takes place. A organ B gland C abdomen

46 When a lot of gas accumulates in the stomach, there is an annoying feeling of

A constipation B digestion C bloating

47 ... control the muscles and bodily movement.

A Sensory impulses B Motor impulses C Sensory organs

48 The body ... to internal or external change with the help of the nervous system.

A adjusts B affects C enables

49 The ... system produces all the hormones required for the proper function of the body.

A metabolic B endocrine C crucial

50 The ... gland secretes thyroxin which regulates metabolism and energy.

A thyroid B liquid C pancreatic

WRITING SECTION:

Answer the following questions using your own words, don't copy past or use translator:

DIGESTIVE SYSTEM:

Describe the ingestion of food:

Describe the digestion of food:

Mention 3 common problems during digestion and describe them:

NERVOUS SYSTEM:

What are the two parts of the nervous system?

What is the difference between feelings and emotions?

How do feelings, emotions and thoughts affect in a positive and negative way our diet?

ENDOCRINE SYSTEM:

What is the function of the endocrine system?

Mention the 5 glands and what they do:

What are some common conditions provoked by the endocrine system: