

UNIT 1 - WE EAT RESPONSIBLY

NAME: DATE:

1.- Complete the text about nutrition using the words below:

ENERGY - GROW - MATERIALS

Nutrition involves the processes that give us the and the we need to be active and to

2.- List the processes involved in nutrition and the system in which each takes place:

- takes place in the

(food turns into nutrients)

- takes place in the

(we take in oxygen)

- takes place in the

(blood carries oxygen and nutrients)

- takes place mainly in the

(we eliminate liquid waste)

3.- Read the statements and write T (true) or F (false).

- Carbohydrates are the main source of energy. TRUE / FALSE
- Fats provide the body with less energy than carbohydrates. TRUE / FALSE

- Proteins are necessary to grow and repair tissues. TRUE / FALSE
- Vitamins and minerals regulate many processes so that the body works properly. TRUE / FALSE

4.- Match the types of foods with their nutrients.

- | | |
|-----------------------|--------------------------|
| energy foods • | • vitamins and minerals |
| regulating foods • | • proteins and minerals |
| body-building foods • | • fats and carbohydrates |

5.- There are several guides on preparing healthy meals. One of these is Harvard's healthy eating plate. Complete the types of foods and proportions, and then answer the question.

WHOLEGRAIN FOODS - VEGETABLES AND FRUIT - PROTEINS

- Half of the plate contains
- One quarter of the plate contains (fish/meat)
- One quarter of the plate contains (rice/pasta)
- Which liquid should be your drink of choice?

6.- What does the Mediterranean diet consist of? Tick the correct options:

- a) Eating lots of foods of plant origin ☐
- b) Eating red meat every day ☐
- c) Avoiding processed foods ☐
- d) Using butter ☐
- e) Eating dairy products in moderation ☐

7.- Match to complete the basic hygiene rules we should follow when we handle food at home to make sure that foods do not contain harmful microorganisms.

- Wash your hands well • ☐ that we want to use.
- Clean surfaces and kitchen equipment • ☐ before eating or cooking them.
- Wash fruit and vegetables well • ☐ before touching or eating food.

8.- Read the text below and circle the correct words.

- There are different food PRESERVATION / DIGESTION methods.
- We keep food WARM / COLD to prevent microorganisms/allergens from growing.
- COOL / HIGH temperatures kill microorganisms.
- To make food last longer, we can add SALT / WATER , vinegar or sugar

9.- Write T if it is part of the digestive tract or G if it is an accessory gland.

- Mouth ☐ oesophagus ☐ stomach ☐
- Liver ☐ small intestine ☐ pharynx ☐
- Large intestine ☐ páncreas ☐ salivary glands ☐

10.- Mark with an X where these stages of the digestive process take place.

Stage	Mouth	Stomach	Small intestine	Large intestine
Digestion				
Absorption				
Elimination of waste				