

Part 1: True or False (Verdadero o Falso)

Instructions: Read the statements below. Write **T** (True) or **F** (False) based on Unit 5.

1. _____ Most people in Uruguay have four meals during the day: breakfast, lunch, "merienda", and dinner.
2. _____
3. _____ Breakfast is considered an unimportant meal because our bodies don't need energy in the morning.
4. _____
5. _____ Nutritionists suggest that having a healthy snack between main meals is important.
6. _____
7. _____ Fruit salad usually includes different pieces of fruit like apples, bananas, and peaches.
8. _____
9. _____ Vegetable salads always contain chocolate, sugar, and heavy cream.
10. _____
11. _____ In Latino cultures, families often get together to share lunch.
12. _____
13. _____ The recipe for hot chocolate in the book uses a liter of milk poured into a saucepan.
14. _____
15. _____ Eating between meals always causes high blood sugar that is good for you.
16. _____

Part 2: Multiple Choice (Opción Múltiple)

Instructions: Read each question and circle the correct option (**A**, **B**, or **C**).

1. According to the text about snacks, what is a healthy snack option?

- A) A big bottle of soda with extra sugar
-
- B) A piece of fruit, a cereal bar, or some yogurt
-
- C) Candy with artificial preservatives
-

2. What is lunch usually considered in Latino cultures?

- A) A moment when families get together to share a meal
-
- B) A very quick snack eaten while standing up in two minutes
-
- C) A meal that people only eat alone at midnight
-

3. What ingredient is poured first in the hot chocolate recipe from the book?

- A) The eggs and the corn starch
-

- B) The bar of chocolate
-
- C) A liter of milk into the saucepan
-

4. Which combination of food color and example is correct based on the healthy diet texts?

- A) Purple: blueberries and eggplant
-
- B) Red: green lettuce and cucumbers
-
- C) White: yellow bananas only
-

5. What is "merienda" in English context according to the book?

- A) A heavy breakfast eaten very early
-
- B) A snack or tea time in the afternoon
-
- C) A formal midnight dinner
-

6. Which of the following is a native/autochthonous fruit from Uruguay mentioned in the book?

- A) Arazá
-
- B) Pineapple
-
- C) Kiwi
-

7. What do healthy snacks usually contain?

- A) Too much fat and preservatives
-
- B) Grains, cereals, fruit, or sugar-free elements
-
- C) Extra salt and artificial coloring
-

Part 3: Reading Comprehension (Comprensión Lectora)

Instructions: Read the text and answer the questions below.

"Eating between meals is very important. Sometimes we eat a lot for breakfast, lunch, and dinner, but nutritionists suggest having a snack between meals. You can get a cereal bar, a piece of fruit, or some yogurt. Healthy snacks give us energy during the day."

- 1. Do nutritionists suggest eating snacks between main meals?**
- 2. Mention two examples of healthy snacks from the text.**

Part 4: Open Questions / Writing (Preguntas de Desarrollo)

Instructions: Answer the following two questions writing complete sentences in English.

1. **What do you usually have for breakfast or "merienda"? Mention 2 foods or drinks.**

Example: In the morning, I usually have coffee with milk and toast...

2. **Why are snacks important between main meals according to what we learned?**