

## REVIEW FOR THE UNIT TEST 3 – FOOD

1. **Orden from 1 to 4.** Ana wants to make a fruit salad. What steps should she follow?

- Eat the fruit. ☐
- Wash the Fruit. ☐
- Buy the Fruit. ☐
- Peel the Fruit off. ☐

2. **Match** the food group with its definition.

**Dairy group.**

Help us grow and heal.

**Proteins group.**

Are rich in vitamins and minerals.

**Fruits and vegetable group.**

Contain lactose and help us to grow.

**Grains group.**

Contain carbohydrates and give us energy.

3. **Select the right answer.**



A) What food groups do you identify in this plate?

- Grains and proteins.
- Grains and vegetables.
- Grains and dairy.
- Vegetables and dairy.

B) What would you add to this plate to make more balanced?

- More rice.
- More vegetables.
- Some pasta.
- Some chicken.

4. Choose the right answer. Healthy or unhealthy?



5. Choose the right answer according to the origin of food. Animal or plant?



6. **Observe** the chart **and answer**.

	Josh 	Drake 	Megan 
Age (years)	54	9	32
Body mass (kg)	81	29	53
Height (cm)	186	127	162
Physical activity.	2 times a week.	4 times a week.	5 times a week.

A) Who does **the most** physical activity?

- Josh.
- Drake.
- Megan.
- All of them do the same amount of physical activity.

B) Who needs more food **in order to grow**?

- Josh.
- Drake.
- Megan.
- All of them need to keep growing.

C) Who needs more food **to have energy** (for doing exercise)?

- Josh.
- Drake.
- Megan.
- None of them.

7. **Click on the correct** option.

a) Click on the product that hasn't expired yet.



b) Which tuna cans are safe to eat? (Choose all the possible answers).

