



Colegio Bicultural Cananea
3rd Period
3rd Grade
Health Exam
Mrs. Alejandra

Name _____ Date _____

Use Word Meanings

A. Write the letter of the correct answer on the line at the left.

1. There are 6 basic _____ found in the foods you eat.
A. nutrition
B. nutrients
C. servings
D. ingredients

2. Every packaged food has a _____ that tells what is in the food.
A. label
B. servings
C. nutrition
D. food guide pyramid

3. Foods that you eat between meals are called _____
A. servings
B. nutrients
C. a balanced diet
D. snacks

B. Use the term to complete the sentences below. Use each term only once.

serving	diet	fluoride	food guide pyramid	ingredients
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- 1.- _____ is a mineral that helps make your teeth strong.
- 2.- A measured amount of food recommended for a meal or a snack is a _____.
- 3.- The foods you eat and drink make up your _____.
- 4.- The things that make up a food are its _____.
- 5.- You can use the _____ as a tool to help you choose foods for a healthful diet.

C. Write T or F to tell whether the statement is true or false.

- _____ 6. It healthful to eat just one kind of food.
- _____ 7. As long as you choose healthful foods, you can eat as much as you want.
- _____ 8. The largest part of the USD Food Guide Pyramid is the bread, pasta, rice, and cereal group.
- _____ 9. Snacks can be part of a balanced diet.
- _____ 10. Flouride is a vitamin.

D. Write the letter of the correct answer on the line at the left.

- _____ 11. Fruits and vegetables are foods that come from _____.
 - A. plants
 - B. ingredients
 - C. proteins
 - D. animals
- _____ 12. One medium sized apple is an example of a _____ from the fruit group.
 - A. ingredient
 - B. nutrient
 - C. balanced diet
 - D. serving
- _____ 13. _____ is an example of a healthful snack.
 - A. soda
 - B. sugary cereal
 - C. pear
 - D. candy
- _____ 14. A balanced diet contains _____.
 - A. one kind of food
 - B. no snacks
 - C. a good variety of foods
 - D. only expensive foods
- 15. Write 5 examples of healthy snacks.
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
 - 5. _____