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 ballanced diet
D. snacks

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

serving	diet	fluoride	food guide pyramid	ingredients

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.

LIVEWORKSHEETS

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. _____

LIVEWORKSHEETS