

1.What are the main food groups?

- a. The main groups are dairy products, eggs, fish, meat and legumes.
- b. The main groups are regulatory, builder and energetic.
- c. The main group are Carbohydrates, Proteins, Fats.

2.What is the main function of regulatory foods?

- a. These contribute to the metabolism and regulation process.
- b. These repair and build tissues in the body when your body is injury.
- c. These promote concentration, give strength and vitality.

3.What are the regulatory foods?

- a. Eggs, fish, meat and legumes.
- b. Bread, cake, chocolate and oil.
- c. Fruits, vegetables and water.

4.What is the main function of builder foods?

- a. Promote concentration, give strength and vitality. It is recommended
- b. These contribute to the metabolism and regulation process.
- c. The main function is to help repair and build tissues in the body when your body is injury.

5.What are the builder foods?

- a. Fruits, vegetables and water.
- b. Dairy products, eggs, fish, meat and legumes.
- c. Cereals, roots and tubers.

6.What is the main function of energetic foods?

- a. The main function is stimulating mental capacity, promote concentration, give strength.
- b. The main function is to help repair and build tissues in the body when your body is injury.
- c. the main functions is contribute to the metabolism and regulation process.

7.What are the energetic foods?

- a. Dairy products, eggs, fish, meat and legumes.
- b. Flours, sweets, oils and fats.
- c. fruits, milk, eggs, fish and meat.

8.Why is it recommended to consume energy food?

- a. It is recommended to eat these products when you running, playing sports, or walking for long periods of time.
- b. It is recommended to eat these products when you sleeping, or working for long periods of time.
- c. It is recommended to eat these products when you studying, or writing for long periods of time.