

## Reading Exercise

Read the text on page 97 on your Student's Book and choose the correct answers.

1. Our body is formed by:

- Vitamins and minerals
- Tissues, organs, and systems
- Nutrients and chemicals

2. The \_\_\_\_\_ provide the right amounts of fuel for a human machine.

- Calories
- Nutrients
- Chemicals

3. Rice, potatoes and pasta are:

- Nutrients
- Vitamins
- Carbohydrates

4. These help us to make new cells, build muscle, and to digest our food.

- Fat
- Nutrients
- Proteins

5. \_\_\_\_\_ is very good for our brain and tissues, but too much of it can be bad for our heart.

- Fat
- Nutrients
- Proteins

6. We can find healthy fat in:

- Tacos, pizza, and hamburgers
- Nuts, olive oil, and avocados

Meat, fish, and milk

7. We can find these in fresh fruit, vegetables, fish, milk, nuts, and seeds.

Fiber

Vitamins and minerals

Carbohydrates

8. Vitamins and minerals help us to...

Concentrate and make good decisions

Build muscle and digest our food

Keep our digestive system healthy.

9. We need fiber to...

To make new cells and to build muscle.

To grow and keep healthy

To keep our digestive system healthy.

10. Our body is \_\_\_\_\_ water.

60%

70%

90%