EXÁMEN DE INGLÉS

Nombre:

Fecha:

Curso:

PREGUNTAS

1. **FILL IN THE BLANKS.**

- "Consuming a _____ diet can help maintain a healthy weight and provide essential nutrients."

  a) high-sugar

  b) high-protein

  c) balanced

  d) low-fiber

  e) low-calorie.

- _____ is a primary source of fiber in the diet.

  a) White bread

  b) Cake

  c) Apple

  d) Soda

- _____ is considered healthier for the heart.

a) Saturated fat

b) Trans fat

c) Monounsaturated fat

d) Polyunsaturated fat.

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2. TRUE OR FALSE.

- Consuming a diet high in fruits and vegetables can reduce the risk of chronic diseases. T( ) F( ).
- Skipping breakfast regularly can help with weight loss. T( ) F( ).
- Drinking plenty of water is essential for maintaining proper hydration and overall health. T( ) F( ).
- Eating large amounts of processed foods generally has no impact on long-term health. T( ) F( ).

3. MATCH THE HABIT WITH THE CORRECT ANSWER.

1.Eating high-fiber foods regularly	a) Improves hydration
2.Consuming excessive sugary snacks	b) Increases risk of diabetes
3.Drinking plenty of water daily	c) Supports digestion
4.Skipping meals frequently	d) Can lead to low energy
5.Eating a variety of fruits and vegetables	e) Boosts immune function

4. WHRITE THE NAME OF THE FOOD.



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LIVEWORKSHEETS