

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.

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.

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| 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. WRITE THE NAME OF THE FOOD.






