Name : _____ Class : _____

Cognitive Diagnostic Assessment

Nutrition

Determine the content of the food below and its benefits!

Food	Content	Benefits
		
		
		
		
		
		
		

LIVEWORKSHEETS

Instructions: Determine whether the following statements are true (T) or false (F). Write the answer T or F in the answer column.

No	Statement	True	False
1	Stunting is not bad for Indonesia		
2	The cause of stunting is lack of nutrition in children / pregnant women / nursing mothers		
3	A person who only eats rice in their diet becomes unhealthy, as there is not enough protein and fat.		
4	Food serves as a source of energy		
5	Nutrients are categorized into two, macronutrients and micronutrients.		
6	Eggs are a carbohydrate		
7	Minerals, vitamins are micronutrients		
8	Vegetable protein is protein derived from plants		
9	rice, corn, wheat, and sago are examples of carbohydrates		
10	The function of water in the human body is as the main source of energy		

LIVEWORKSHEETS