

Name.....Surname.....Date.....Class.....

Science Test

Marks: 40/40

1. *Take a look at this chart. These people answered a survey on their lifestyle. (3)*

	Fast food restaurant	HEALTHY DIET	EXERCISE
John	Yes	No	No
Emma	No	Yes	No
Erik	Yes	Yes	Yes
Susan	No	Yes	Yes

- Which person has the healthiest lifestyle?
- Why is it important to have a healthy diet?
- Is it going to fast food restaurants healthy? Why? Why not?

2. **Choose the correct answer. (5)**

1. *Vitamin C is necessary for:*

- A. clotting blood
- B. Teeth and bones
- C. preventing colds

2. *Proteins can be mainly found in...*

- A. Pasta and vegetables
- B. Meat, milk products, eggs and beans
- C. Oranges and lemons

3. *Proteins are made of....*

- A. Chemical units
- B. Chemical cells
- C. Chemical particles

3. Calcium can be found in:

- A. Milk products
- B. Meat
- C. Fish

4. What is the main nutrient that is found in meat?

- a. proteins
- b. carbohydrates
- c. fats

3. Match each food to its main nutrient. (4)

1. Pasta	a. fat
2. chicken	b. carbohydrates
3. butter	c. vitamins and minerals
4. fruit	d. proteins

4. Circle the correct **bold** in each pair.(5)

The two nutrients that provide you with energy are **carbohydrates/proteins** and **vitamins/fats**. The nutrients that keep everything working properly are **vitamins/fats** and **carbohydrates/minerals**. The main nutrient that your body uses to repair damage is **protein/fat**.

5. Circle the five foods that come from milk.(5)

Yogurt cake carrots butter eggs cream chips cheese nuts bread ice-cream

6. Underline the six foods that come from plants.(6)

Fish lettuce beans chicken potatoes soya milk apple prawns banana

7. Fill in the table (10)

Proteins- vitamin C- vitamin A- Calcium-Carbohydrates- fibre-

Helps our skin-gives us energy- builds strong teeth and bones- helps us see in the dark- heals cuts and infections- help build strong muscles- help us digest our food -

Group	pasta bread and grains	fruit	veggies	Milk	Meats beans and nuts
Nutrients					
good because					

8. Answer the following questions(2)

1. What happens if you eat too much fatty food?
2. Why is it important to wash your hands before eating?