

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

Science Test

Marks: 50/50

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 going to fast food restaurants healthy? Why? Why not?

2. **Choose the correct answer. (6)**

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

4. *Calcium can be found in:*

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

5. *What is the main nutrient that is found in meat?*

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

6. *Vitamin D is useful for:*

- A. Blood vessels
- B. Muscles
- C. Bones

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 nutrients that your body uses to repair damage are **proteins/fats**.

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

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

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

Fish lettuce beans chicken potatoes soya milk apples prawns
bananas

7. Say if these statements are true or false and correct the false ones. (5)

1. Starch is sweet
2. Meat is rich in starch
3. Glucose isn't useful to produce energy
4. Some glucose is stored in the liver
5. Glucose cannot be turned into fat

8. Answer the following questions: (3)

1. Do minerals contain carbon?
2. Where can minerals be found?
3. What are the most important minerals our body needs?

9. Fill in the table (10)

Proteins- vitamin C- vitamin A- Calcium-Carbohydrates- vitamin E-
Help our skin-gives us energy- builds strong teeth and bones- help us see in the dark-
heals cuts and infections- help build strong muscles -

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

10. Answer the following questions(3)

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

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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? *Susan*
- Why is it important to have a healthy diet? *To maintain a good health and a healthy body weight.*
- Is going to fast food restaurants healthy? Why? Why not? *No, it isn't because the food is unhealthy as it contains lots of fats that can cause several diseases.*

2. **Choose the correct answer. (6)**

1. *Vitamin C is necessary for:*

- D. clotting blood
- E. Teeth and bones
- F. preventing colds x

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

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

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

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

4. *Calcium can be found in:*

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

5. *What is the main nutrient that is found in meat?*

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

6. *Vitamin D is useful for:*

- A. Blood vessels
- B. Muscles
- C. Bones X

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

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

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

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

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

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

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

Fish lettuce beans chicken potatoes soya milk apples prawns
bananas

7. Say if these statements are true or false and correct the false ones. (5)

1. Starch is sweet. F Starch is not sweet
2. Meat is rich in starch. F Meat is rich in proteins
3. Glucose isn't useful to produce energy. F
4. Some glucose is stored in the liver. T
5. Glucose cannot be turned into fat. F

8. Answer the following questions: (3)

1. Do minerals contain carbon? No, they don't.
2. Where can minerals be found? Fruit, vegetables and water
3. What are the most important minerals our body needs? calcium, phosphorous, sodium, fluorine, iodine and iron.

9. Fill in the table (10)

Proteins- vitamin C- vitamin A- Calcium-Carbohydrates- vitamin E-

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

Group	pasta bread and grains	fruit	veggies	Milk	Meats beans and nuts
Nutrients	Carbohydrates	Vitamin C	vitamin A Vitamin E	Calcium	Proteins
good because	Give us energy	Heals cuts and infections	help us see in the dark; help our skin.	Builds strong teeth and bones	Help build strong muscles

10. Answer the following questions(3)

1. What happens if you eat too much fatty food? It can cause heart diseases.
2. What foods contain unhealthy fats? Junk food and all that food that contains saturated fats
2. Why is it important to wash your hands before eating? To eliminate bacteria and keep diseases away