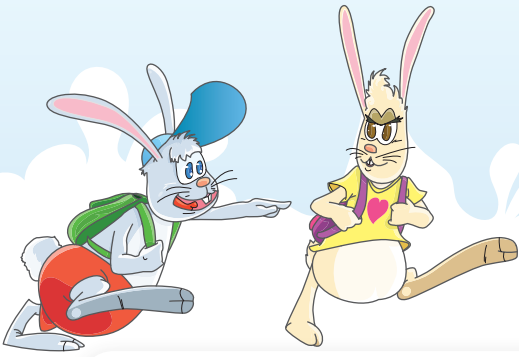


Name: _____ Class: _____

Nutrition

1. It is a measure of the energy found in food.
 - a. calories
 - b. protien
 - c. force
 - d. fat
2. _____ percent of your body is made up of water.
 - a. 100
 - b. 55
 - c. 20
 - d. 70
3. What role do nutrients play in the human body ?
 - a. blood circulation
 - b. provide minerals needed by the body
 - c. help in respiration
 - d. distribute oxygen to other organs
4. The amount of calories we need daily depends on _____ and _____.
 - a. our age, sex and physical activity
 - b. color of skin, eye and tongue
 - c. sex and food preference
 - d. our diet and height
5. Identify unhealthy eating habits below.
 - a. drinking a lot of soda after meals
 - b. eating a lot of foods rich in fat
 - c. drinking too much alcohol
 - d. all of the above
6. Identify one of the functions of water in the body.
 - a. stores energy
 - b. moves substances around the body
 - c. increases calories in the body
 - d. increase body temperature



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