

It is a measure of the energy found in food.

- a. calories
- b. protien
- c. force
- d. fat

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\_\_\_\_\_ percent of your body is made up of water.

- a. 100
- b. 55
- c. 20
- d. 70

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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

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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

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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

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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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Drinking a lot of soda could lead to \_\_\_\_\_.

- a. weight gain
- b. weight loss

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Vegetables are rich in \_\_\_\_\_.

- a. vitamins
- b. fat
- b. protien

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