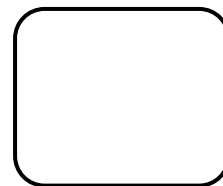


# OM QUIZ NUTRIENTES



Name: \_\_\_\_\_ Date: \_\_\_\_\_ Score: \_\_\_\_ / 18 points

I. Match the terms: (\_\_\_\_ / 4 pts.)

Lipids and fats

Protein

Vitamins and minerals

Carbohydrate

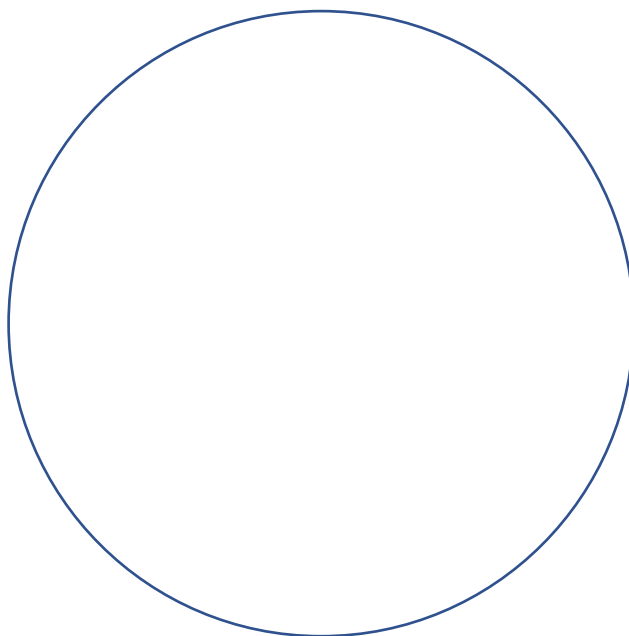
Help regulate body functions.

Give the body immediate energy.

Serve as energy reserves.

Help build body structures.

II. Divide the following plate according to the corresponding food portions, provide 1 example for each part and write the corresponding nutrient. (\_\_\_\_ / 6 pts)



III. Choose the correct answer and mark it with and x: ( \_\_\_\_ / 4 pts)

1. Which of the following food has the most protein:
  - a) Rice
  - b) Meat
  - c) Cheese
  - d) Banana
  
2. Which of the following food has the most lipid or fat:
  - a) Oil
  - b) Tomatoes
  - c) Eggs
  - d) Milk
  
3. Which of the following food has the most vitamin and mineral:
  - a) Water
  - b) Nuts
  - c) Lettuce
  - d) Potato chips
  
4. Which of the following food has the most Carbohydrate:
  - a) Spaghetti
  - b) Yogurt
  - c) Legumes
  - d) Strawberry

IV. Answer the questions with a complete answer.

1. What is on the base of the pyramid? (2 points)

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2. Why do you think these elements are important and included in the pyramid? (2 points)

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