1) Para que servem os nutrientes?

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2) Diga aonde são encontrados cada uns dos seguintes alimentos:

a) Carboidratos: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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b) Proteínas: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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c) Lipídeos: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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d) Vitaminas e sais minerais: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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3) Marque as opções corretas:

( ) A água está presente em vários alimentos.

( ) As fibras alimentares são ricas em nutrientes

( ) As fibras alimentares dão consistências as fezes e ajuda na sua eliminação.

( ) As fibras alimentares são encontradas em frutas, hortaliças e cereais.

4) Quais os problemas que uma alimentação não-saudável pode causar?

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5) Coloque (O) para as frases relacionadas com a obesidade e (D) para as frases relacionadas a desnutrição.

( ) Causa fraqueza, emagrecimento e facilidade de adoecer.

( ) Pode causar doenças do coração

( ) Adquirida ao consumir alimentos gordurosos

( ) É a falta de nutrientes no organismo

6) Quais as técnicas de conservação dos alimentos

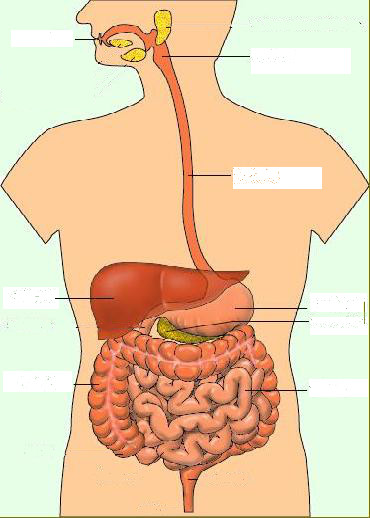
a) Retirar o excesso de água do alimento: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b) Adicionar produtos químicos para conservar o alimento: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c) Deixar o alimento em baixa temperatura para matar ou impedir os elementos decompositores: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

d) Ferver o alimento e em seguida resfriá-lo rapidamente: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7) Escreva os nomes dos orgãos do sistema digetivo



8) O que as glândulas salivares produzem e para que serve?

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9) Qual a função do fígado e do pâncreas?

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10) Escreva todo o caminho que o alimento percorre pelo sistema digestivo.

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