Name ……………………………………………………………………… Class: ………………………………… Date / /

Objectives: The students should be able to:

1- Know what constitutes a balanced and how the nutrient balance and energy content of a diet should relate to the life style of the consumer

# Activity 1

*A-PUT TRUE OR FALSE*

1. Infants and young children require more protein than adults ( T )
2. Decalcification of the bones is caused by low vitamins D in old ages ( T )

1. Physical exercise can decrease the body’s protein requirement ( F )
2. A nutrient is a substance in food that provides a benefit to the body ( T )
3. Proteins are made of monosaccharides ( F )
4. Anemia in adolescent girls is caused due to iron deficiency ( T )
5. Proteins help the body to grow and repair body cells ( T )

:B-Write the scientific term for

1- It is a substance in food that provides a benefit to the body ( A nutriet )

2- It is one of food substances that supplies the body with energy. ( Fats and carbohydrates )

3- They are called micronutrients ( Vitamins and minerals )

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