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. Carbohydrates provide the body with energy ( )
2. Proteins are needed by the body to regulate the metabolism ( )
3. A nutrient is a substance in food that provides a benefit to the body ( )
4. Proteins are made of amino acids ( )
5. Micronutrients are needed to regulate the body’s metabolism ( )
6. Proteins help the body to grow and repair body cells ( )

:B-Write the scientific term for

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

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

3-It is one of food substances that help the body to grow and repair body cells ( )

4- They are called micronutrients ( )

5-It is one that provides an adequate intake of the nutrients and energy needed to sustain the body and ensure health and growth ( )

6-It is the rate at which energy is used up when the body is at rest ( )

7-Women have a lower energy requirement than men ( )

8-Children have a greater energy requirements than adults ( )

9-They are the most important factors determining the energy requirements of an individual ( )

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Homework (Do it in your Copy book)

Complete the following statements

1. The substances which give energy are ……………………….and…………………..
2. The substances that help the body to grow and repair body cells are…….
3. ………………….and ……………….are called micronutrients
4. …………………………. is one that provides an adequate intake of the nutrients and energy needed to sustain the body and ensure health and growth .