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 ( )
2. Decalcification of the bones is caused by low vitamins D in old ages ( )
3. Physical exercise can decrease the body’s protein requirement ( )
4. A nutrient is a substance in food that provides a benefit to the body ( )
5. Proteins are made of monosaccharides ( )
6. Anemia in adolescent girls is caused due to iron deficiency ( )
7. 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- They are called micronutrients ( )

## .Homework:

1-What are factors that affect the body’s need for nutrients?

a-

b-

c-

d- توقيع ولى الامر