


# General Knowledge Nutrition



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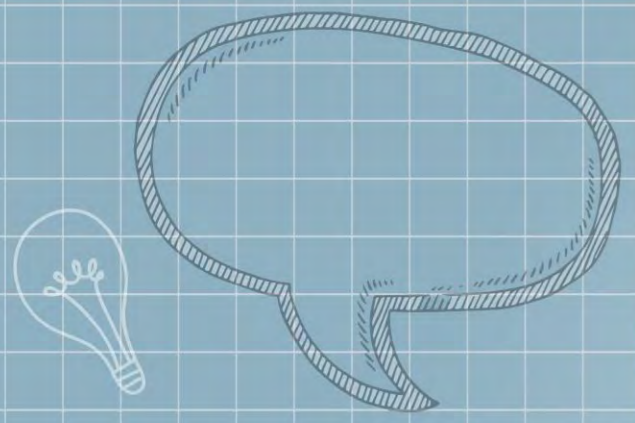
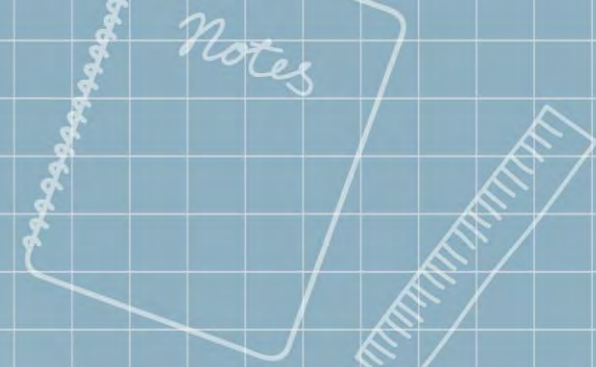
English



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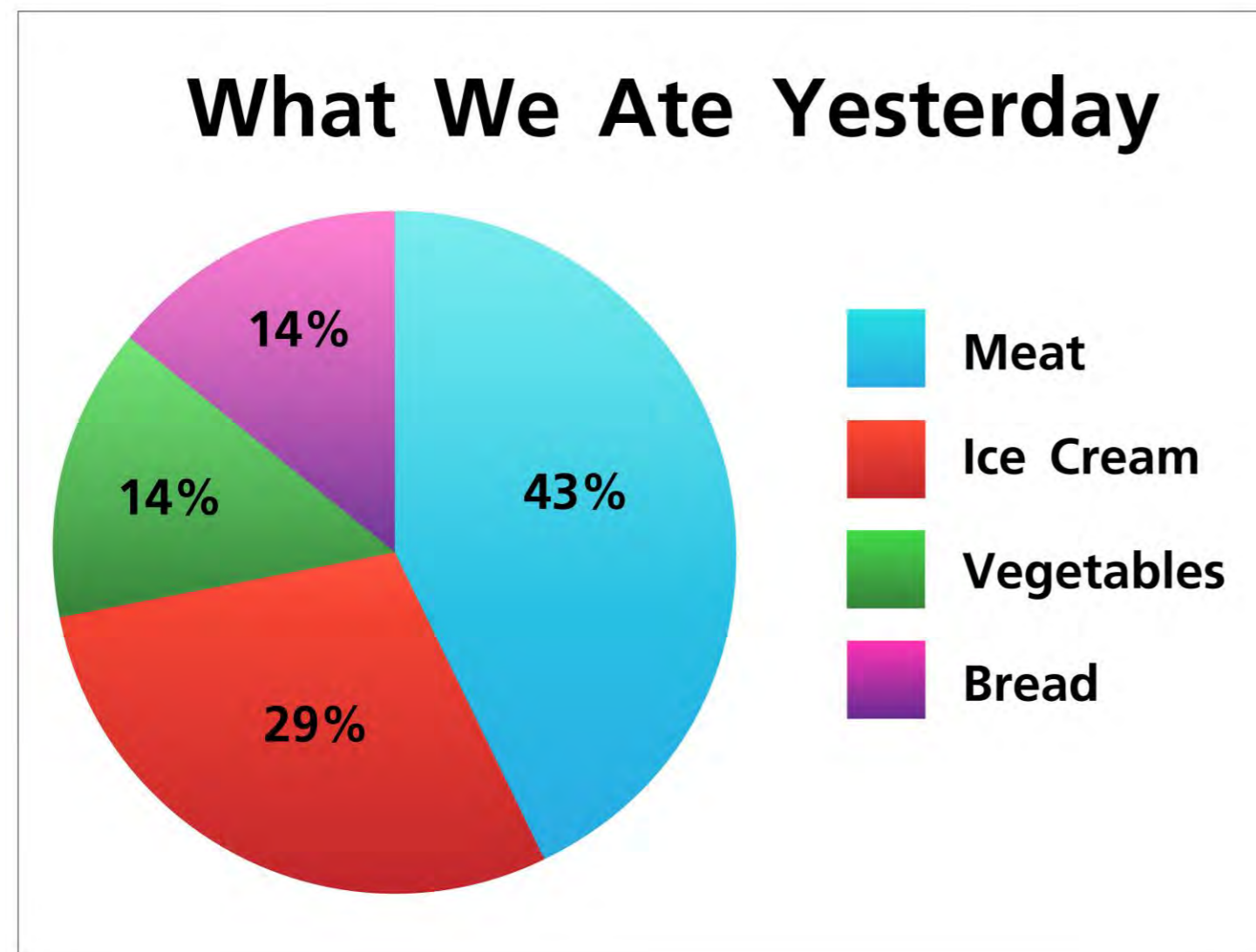
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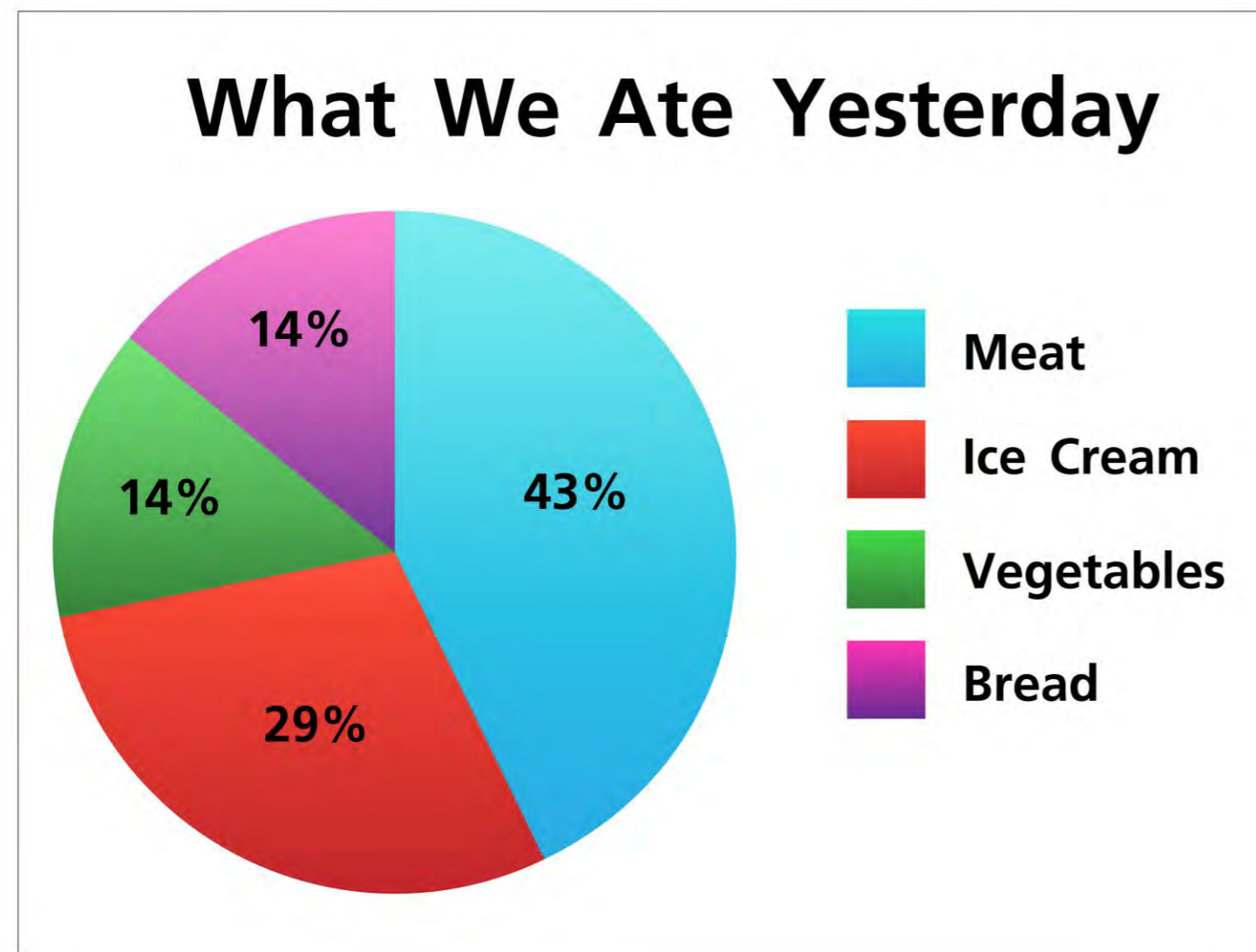
## Questions 5 – 6

### 5. What did we probably eat the most yesterday?



- 1. A steak**
- 2. A salad**
- 3. A croissant**
- 4. A scoop of strawberry ice cream**

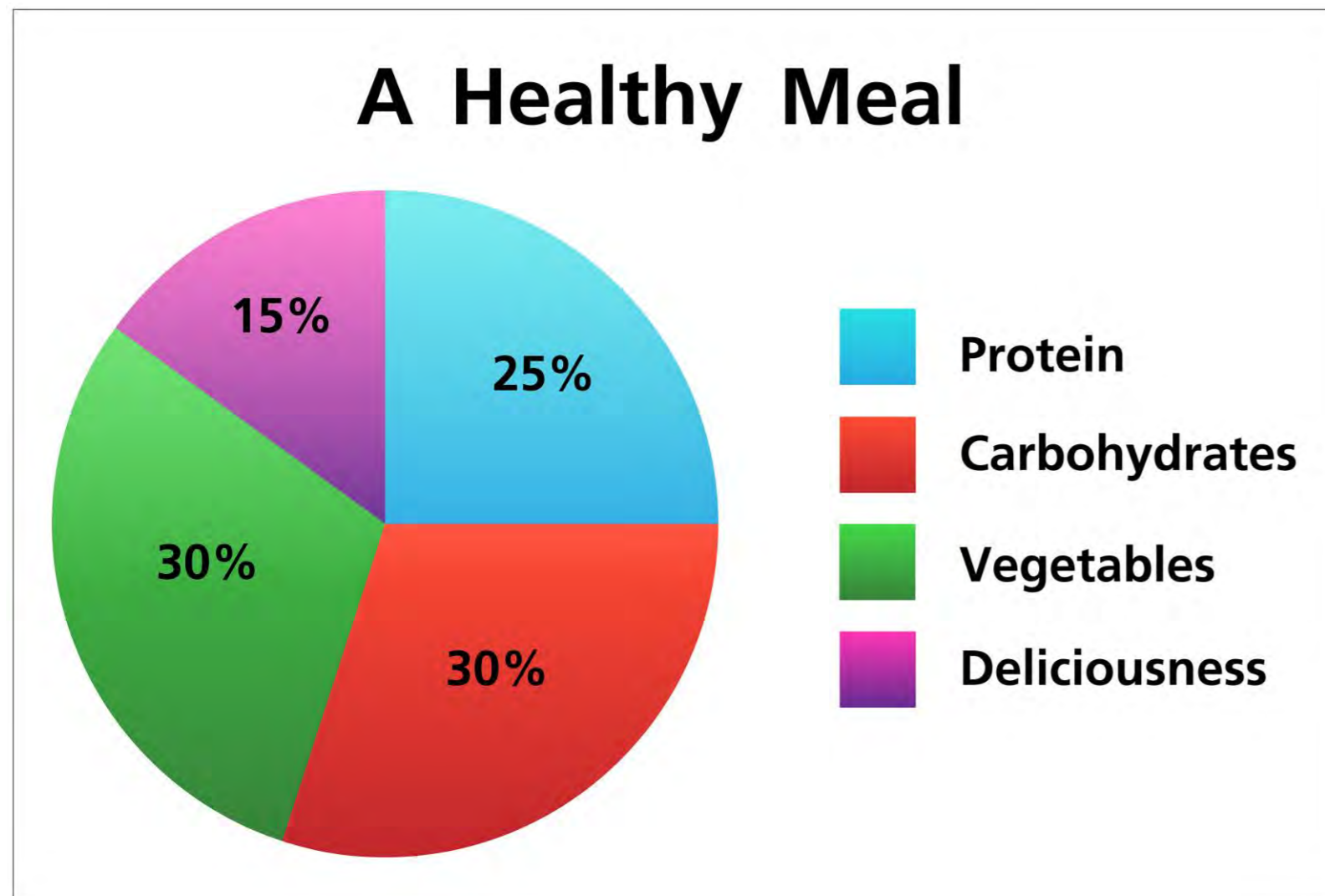
## 6. Which two items did we eat in equal amounts?



1. Meat and ice cream
2. Ice cream and vegetables
3. Vegetables and bread
4. Meat and bread

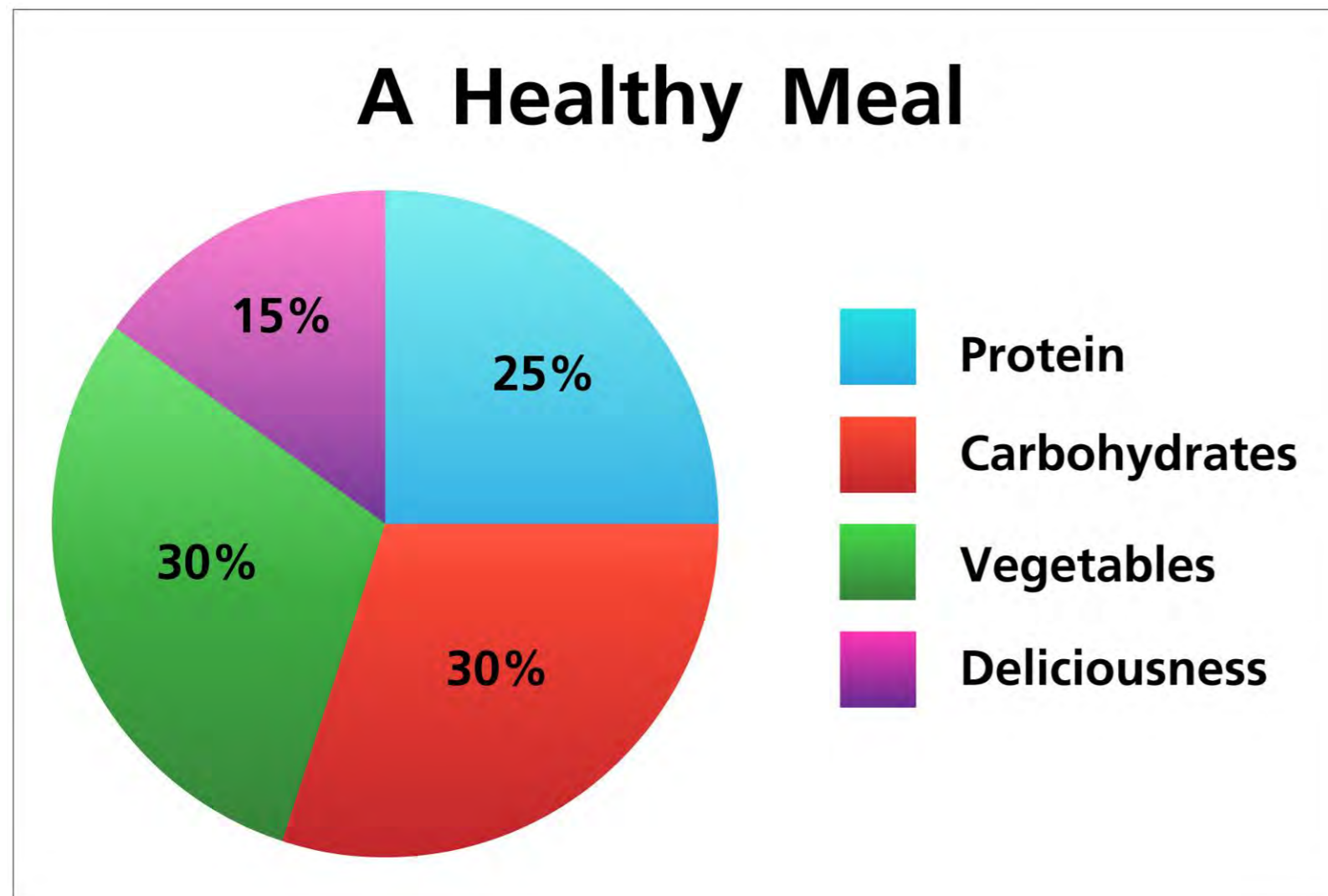
## Questions 7 – 8

### 7. Which is not part of a healthy meal?



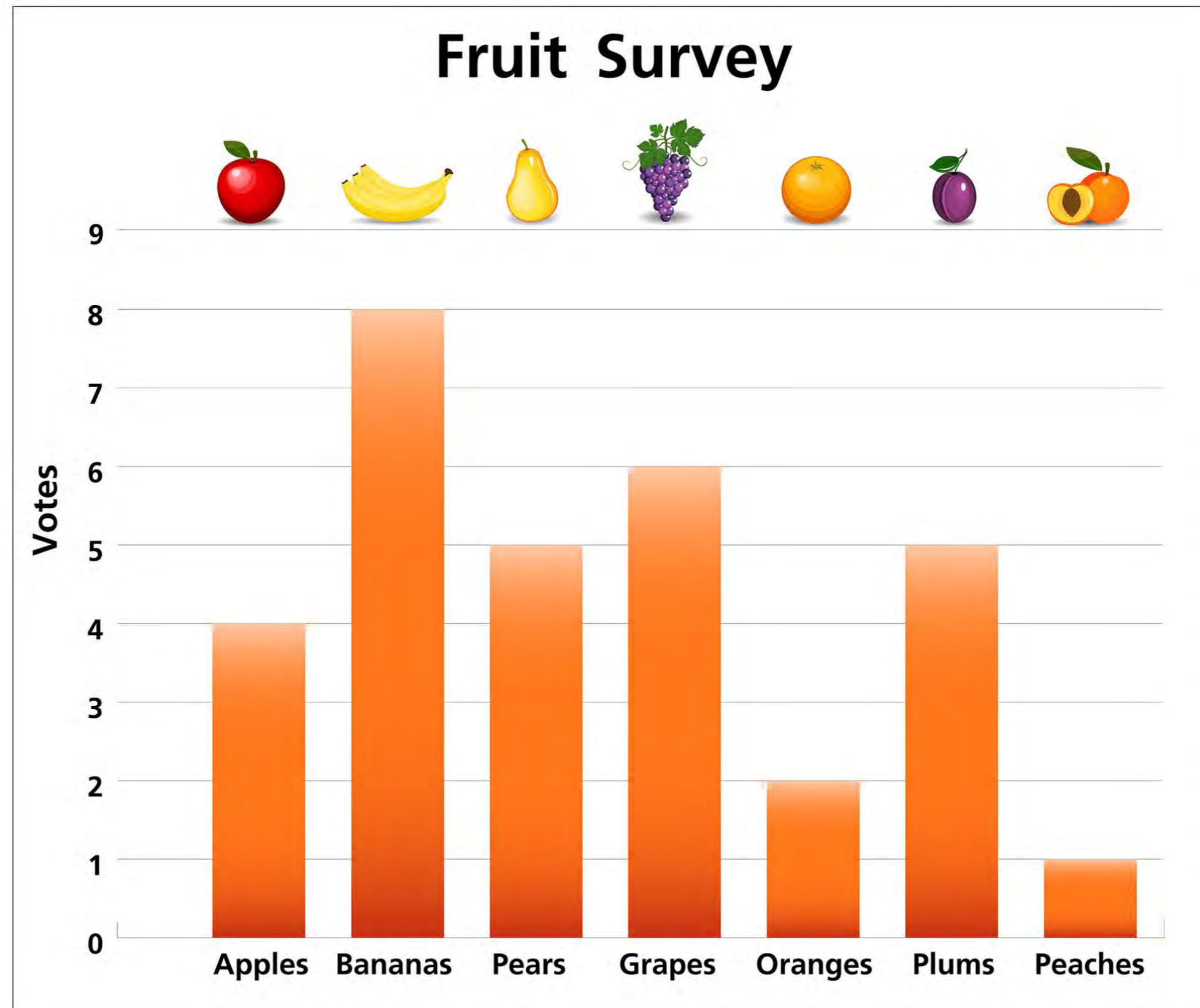
- 1. Energy**
- 2. Price**
- 3. Fiber**
- 4. Good taste**

## 8. What is the least important factor of a healthy meal?

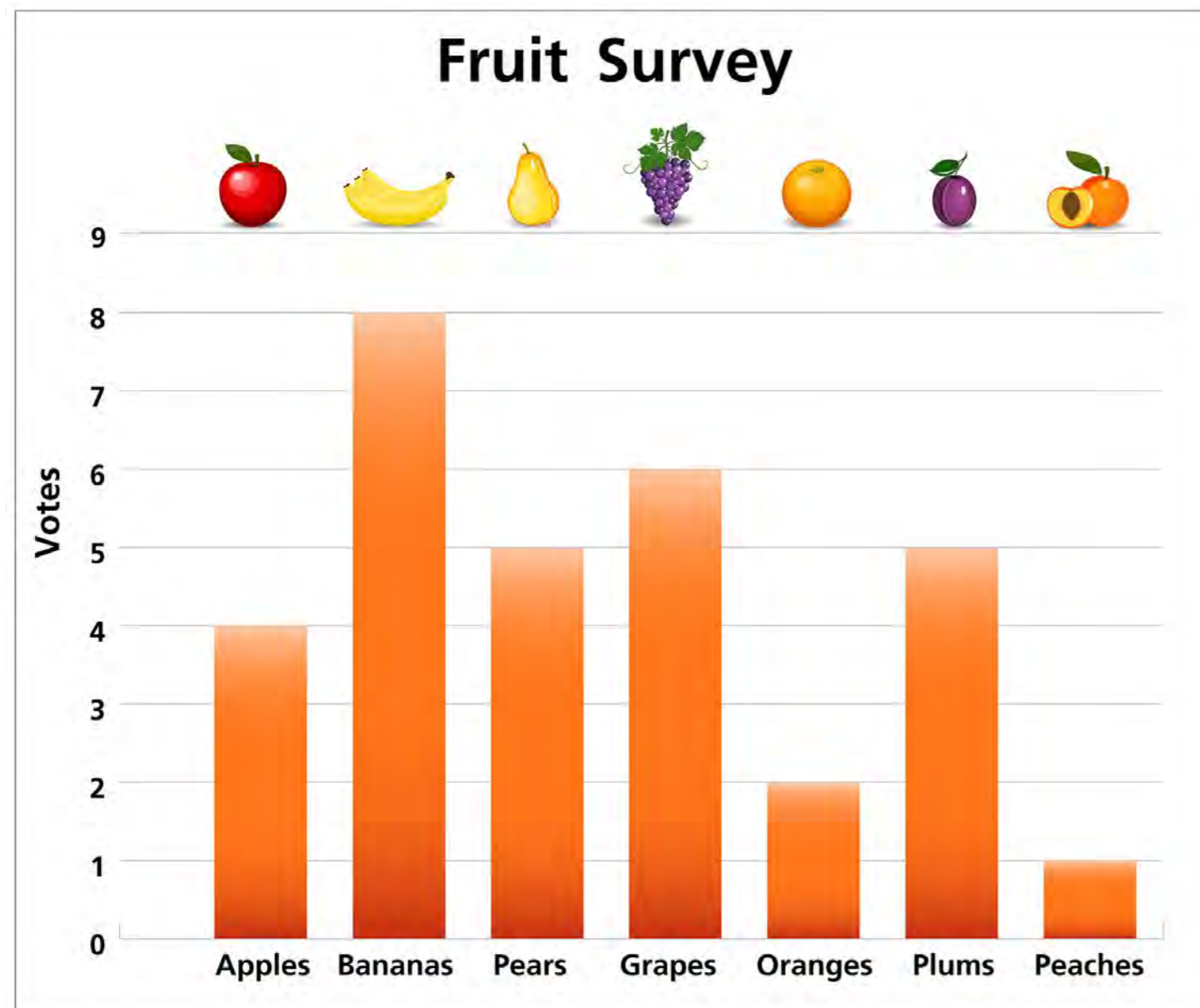


- 1. Protein**
- 2. Carbohydrates**
- 3. Vegetables**
- 4. Deliciousness**

# Questions 9 – 11



## 9. What is the second most popular fruit?



**1. Bananas**

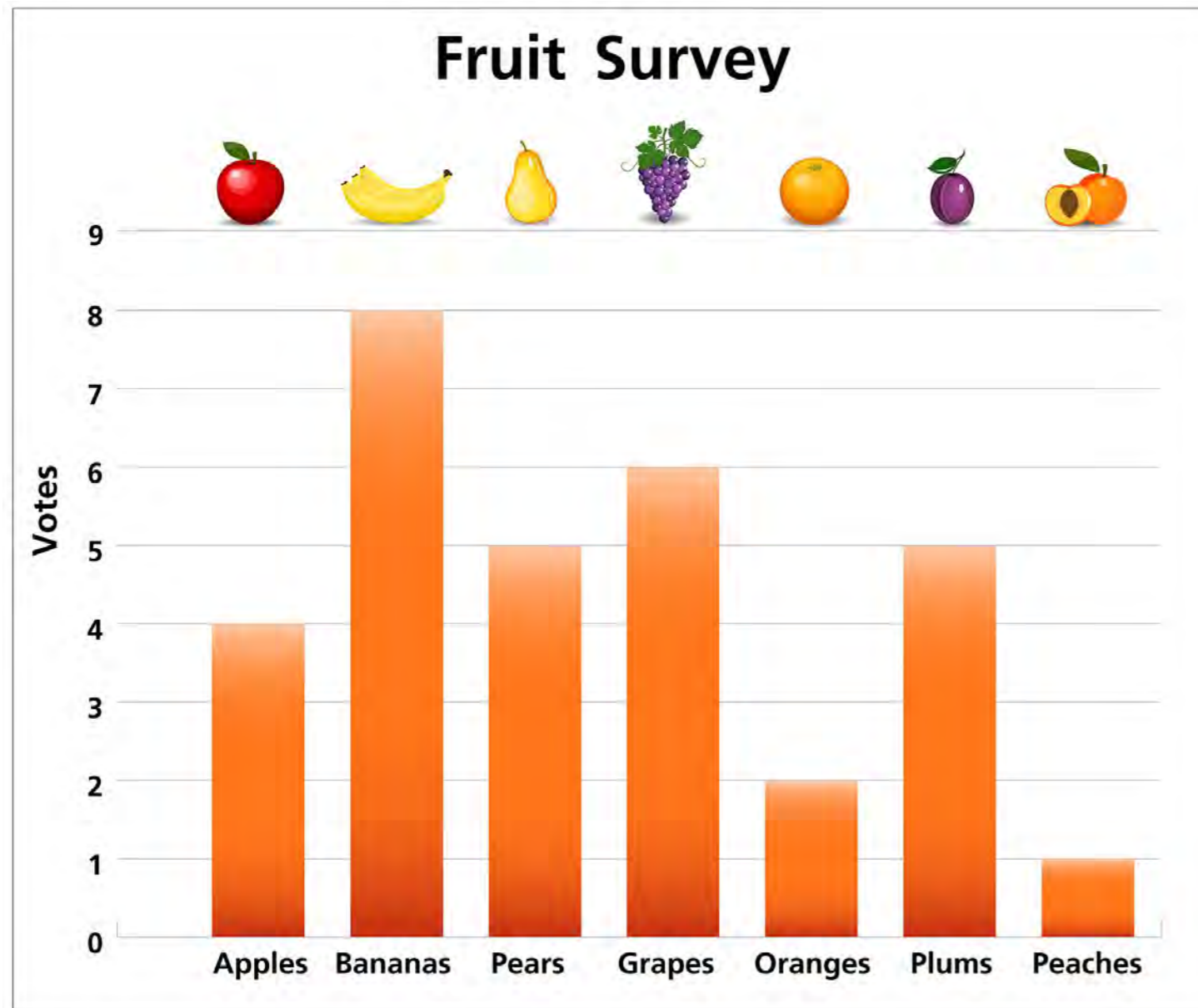
**2. Grapes**

**3. Oranges**

**4. Peaches**



# 10. How many more votes did pears get than apples?



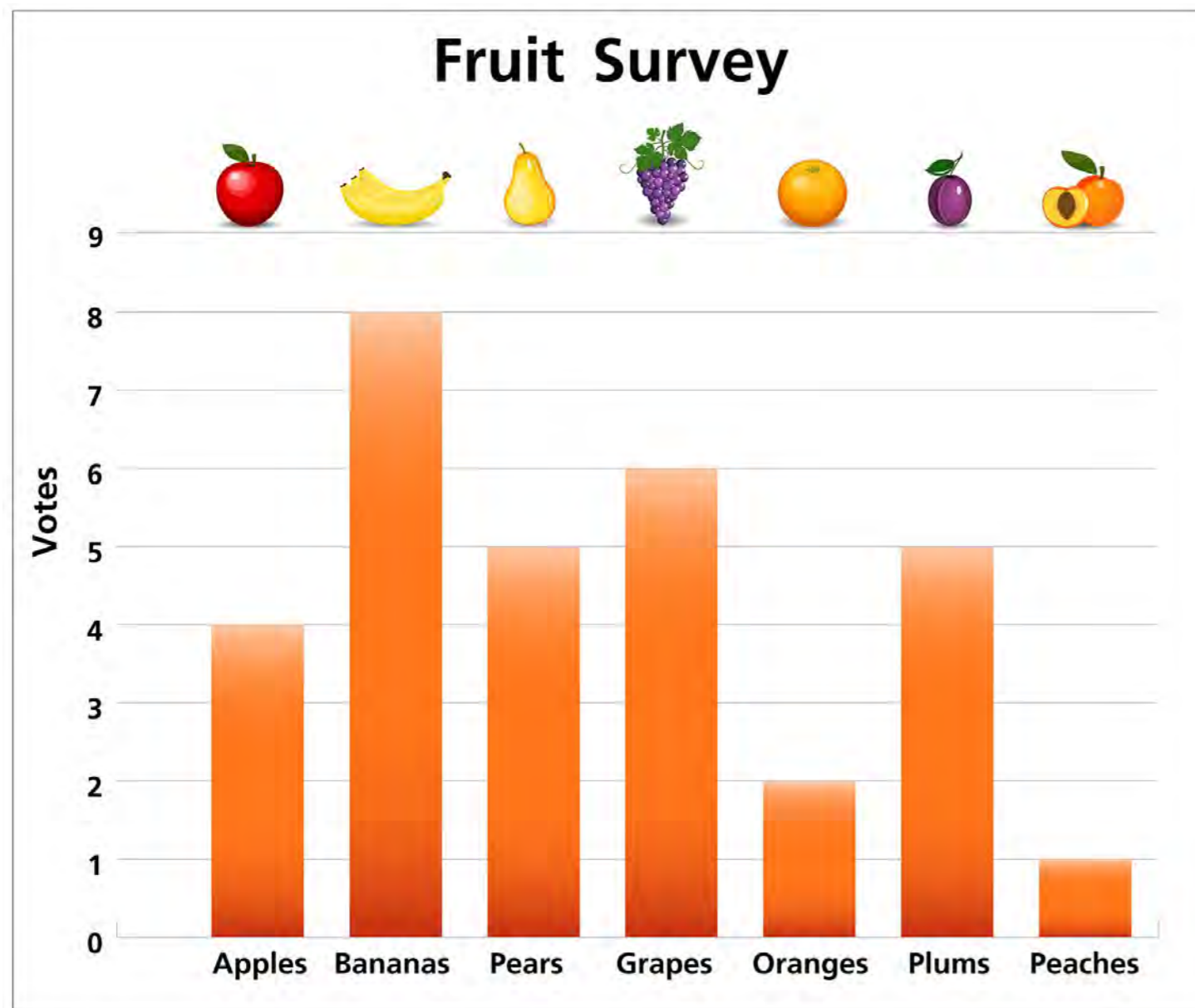
1. 5

2. 4

3. 2

4. 1

# 11. Which sentence is correct?



1. Bananas got twice as many votes as apples.
2. Grapes got twice as many votes as oranges.
3. Together, apples and oranges got more votes than bananas.
4. Peaches were a little less popular than bananas.

**12. I have a vegetable friend. He is green and has curly hair. When we eat him, we usually start at the hair, so we can give him a haircut with our teeth. Do you know who he is?**

- 1. Tomatoes**
- 2. Broccoli**
- 3. Onions**
- 4. Cucumbers**

## Questions 13 – 14

**“Eat your breakfast. It’s the most important meal of the day!” Why are parents always saying that? Well, imagine you were a car. After a long night of sleeping, your fuel tank would be empty. Breakfast is the fuel that gets you going so that you can hit the road.**

**“Eat your breakfast. It’s the most important meal of the day!” Why are parents always saying that? Well, imagine you were a car. After a long night of sleeping, your fuel tank would be empty. Breakfast is the fuel that gets you going so that you can hit the road.**

### **13. What is the main idea of the passage?**

- 1. Breakfast is the most important meal of the day.**
- 2. You can become a car.**
- 3. You need breakfast before you can drive on the road.**
- 4. Breakfast can be added to the fuel tank of your car.**

**“Eat your breakfast. It’s the most important meal of the day!” Why are parents always saying that? Well, imagine you were a car. After a long night of sleeping, your fuel tank would be empty. Breakfast is the fuel that gets you going so that you can hit the road.**

**14. Your car needs fuel, just like your body needs \_\_\_\_\_?**

- 1. food**
- 2. sleep**
- 3. parents**
- 4. roads**

## Questions 15 – 16

**Although vegetables are a good source of vitamins and fibers, not many children like them. These children are not just trying to be naughty. Children have sensitive taste buds, so they are quick to notice bitterness in their food. Because vegetables usually have bitter flavors, many children \_\_\_\_\_ to eat them.**

**Although vegetables are a good source of vitamins and fibers, not many children like them. These children are not just trying to be naughty. Children have sensitive taste buds, so they are quick to notice bitterness in their food. Because vegetables usually have bitter flavors, many children \_\_\_\_\_ to eat them.**

## **15. Why do children hate vegetables?**

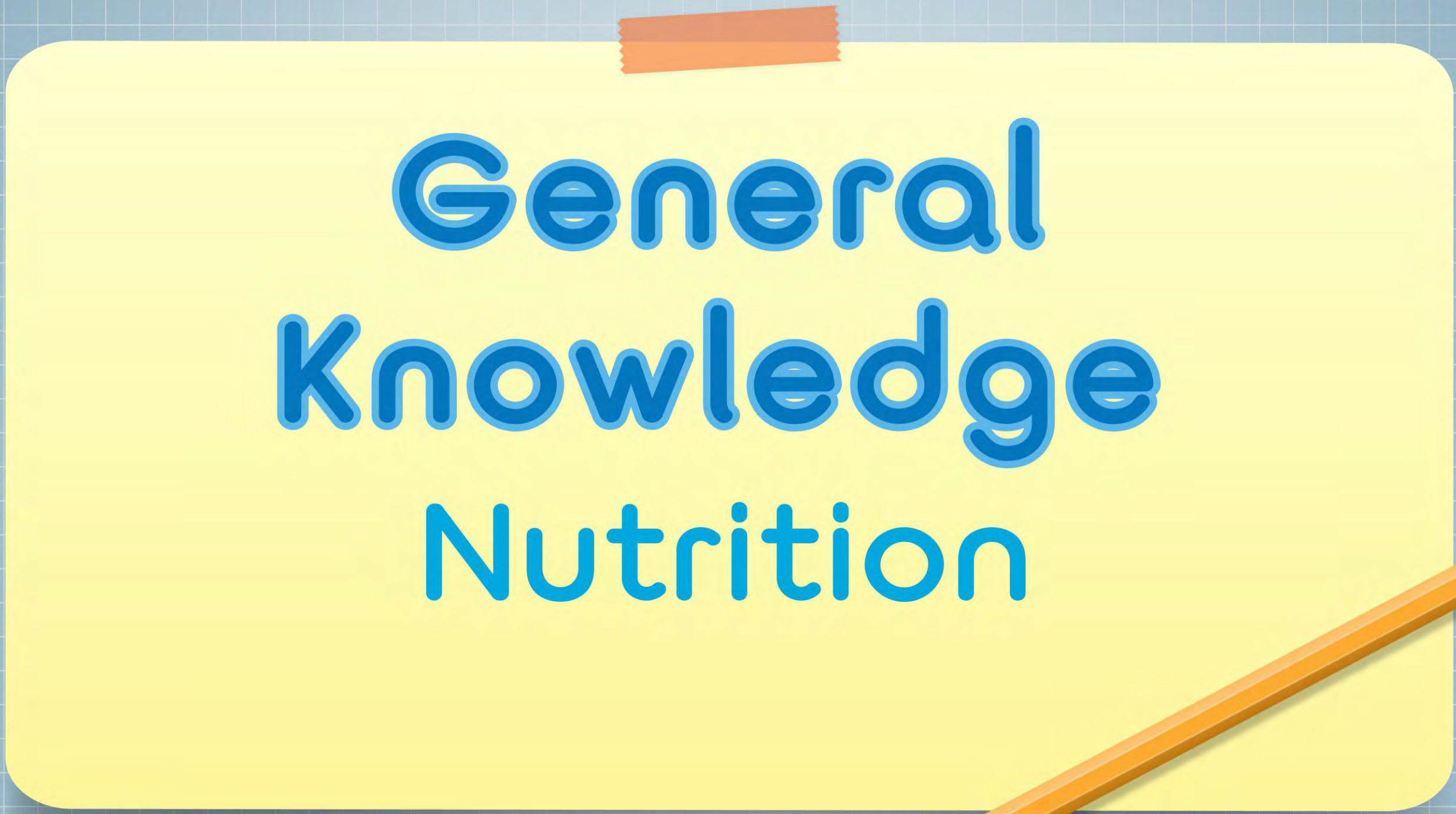
- 1. Vegetables are expensive.**
- 2. Vegetables lack vitamins and fibers.**
- 3. Vegetables are not colorful.**
- 4. Vegetables taste bitter.**



**Although vegetables are a good source of vitamins and fibers, not many children like them. These children are not just trying to be naughty. Children have sensitive taste buds, so they are quick to notice bitterness in their food. Because vegetables usually have bitter flavors, many children \_\_\_\_\_ to eat them.**

**16. Which word should be filled in the blank?**

- 1. wait**
- 2. refuse**
- 3. agree**
- 4. are forced**




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English



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