



Semester
First
2024\2025

GET FIT WITH
HEALTHY
EATING

Chapter 3

Class
Primary
3

Subject
Discover



Question 1

Choose the correct answer from the following options:

1-help form strong bones and teeth

A- Fruits B- Vitamins C- Carbohydrate D- Minerals

2- The body needs many different vitamins in large amounts

A- True B- False

3-The kind of food a person eats regularly

A- Diet B- Vitamins C- Nutrient D- Carbohydrate

4- is when we drink enough amount of water

A- Dehydration B- Hydration

5- Nutrient An element of food that provides energy and is necessary for healthy growth.

A- True B- False

6- We can't lose water by sweating

A- True B- False

7- If we lose water without replacing it , we will be

A- hydration B- good health C- safe D- dehydration

8- we must drink (...) cups of water every day

A- 3 B- 6 C- 8 D- 4

9- Keeps our bodies temperature constant

A- Water B- blood C- food D- heart

10- when we lose too much water we

A- feel thirsty B- feel tired C- have a headache D- All of the above

11 -The human body needs vitamins in large quantities.

A- True B- False

12-gives the body energy

A- Vitamins B- Salts C- Carbohydrates D- Minerals





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13- Fish contains

A- Iodine B- Vitamin C C- Zinc D- Calcium

14- Foods that contain iron

A- Fish B- Eggs C- Carrots D- Kiwi

15-helps the body build muscles

A- Proteins B- Minerals C- Salts D- Vitamins

16- Foods rich in zinc

A- Oranges B- Eggs C- Peas and cheese D- Bananas

17- We can see nutrients with the our eyes

A- True B- False

18- Food cannot contain more than one nutrient element

A- True B- False

19- Foods that contain fats

A- Nuts B- Rice C- Oranges D- Bananas

20- Iodine and calcium are

A- Fruits B- Vitamins C- Carbohydrate D- Minerals

21- We lose water by

A- eating B- sleeping C- sweating D- drinking

22-make our muscles as in meat

A- protein B- Vitamins C- Carbohydrate D- Minerals

23- Eating extra sugar causeseffects to our bodies

A- bad B- good

24- All living things need energy to live

A- True B- False

25- The food contains carbohydrates

A- fish B- bread C- nuts D- apples

26- provide the body with energy and also are important for the brain

A- proteins B- Vitamins C-Fats D- Minerals





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27- our bodies need food because food give us

A- happy B- money C- air D- energy

28- A diet mustn't contain different types of nutrients

A- True B- False

29- zinc from

A- protein B- Vitamins C- Carbohydrate D- Minerals

30- You lose water all the time, even when you breathe

A- True B- False

31 - (-) occupies most of our bodies

A- Air B- Food C- Water D-Sweet

32- A person's diet includes the amounts and types of foods they eat

A- True B- False

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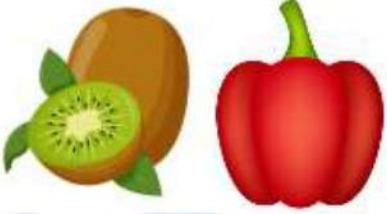
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Question 2

Fill in the table :

Food	Vitamin Name
	
	
	
	
	
	



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3

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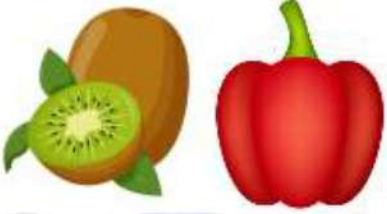
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Question 2

Fill in the table :

Food	Vitamin Name
	A
	D
	B12
	B2
	E
	C



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