

Science Test**Marks: 40/40**

1. *Take a look at this chart. These people answered a survey on their lifestyle. (3)*

	Fast food restaurant	HEALTHY DIET	EXERCISE
John	Yes	No	No
Emma	No	Yes	No
Erik	Yes	Yes	Yes
Susan	No	Yes	Yes

- Which person has the healthiest lifestyle?
- Why going to fast food restaurants is not healthy?
- Why is it important to have a healthy diet?

2. **Choose the correct answer. (5)**

Vitamin C is necessary for:

- A. clotting blood
- B. Teeth and bones
- C. preventing colds

2. *Proteins can be mainly found in...*

- A. Pasta and vegetables
- B. Meat, milk products, eggs and beans
- C. Oranges and lemons

3. *Proteins are made of....*

- A. Chemical units
- B. Chemical cells
- C. Chemical elements

3. *Calcium can be found in:*

- A. Milk products
- A. Meat