

**1. Choose the correct answer.**

A: All living things need fuel/nutrients. (**nutrients**)

B : People who do not consume enough roughage/vitamins are more likely to suffer from constipation. (**roughage or fibre**)

C : An athlete must eat plenty of carbohydrate/proteins before a race. (**carbohydrate**)

**2. Write the sources of the nutrients.**

**Carbohydrates** : are contained in starchy foods such as roots, cereals, bread and rice, and in sweet foods in the form of sugar.

**Proteins** : are contained in meat, dairy products, fish, beans, seeds and nuts.

**Fat-rich foods** : are butter, margarine, groundnuts, animal and plant oils and fatty meat.

**3. Complete the statements.**

A : The water cycle happens mainly because of .... and .... . (**evaporation / condensation.**)

B : In the water cycle, water evaporates from the ..... 's surface. (**Earth**)

C : The opposite process to condensation is ..... . (**evaporation**)

**4. True or false.**

A : Evaporation makes wet clothes dry. (**True**)

B : Heat makes evaporation happen faster. (**True**)

**5. Draw a simple water cycle and write how it works.**

(page 17 of book).....

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6. Write the definition of each word.

**Opaque:** Materials that do not allow light to pass through are opaque.

**Transparent:** Objects that allow all the light to pass through are transparent.

**Translucent:** Objects that allow some light to pass through are translucent.