

Read the page 14 and learn about calories. Then, answer true or false questions. Research either online or around the food pantry at your home and make a list for the other questions.

(Lea la pagina 14 aquí incluida y conteste las preguntas de cierto o falso. Luego realice una búsqueda en internet o en su hogar en la cocina o en los alimentos que tiene y conteste la próxima pregunta).

Part A.

1. Calories are bad for you. True \_\_\_\_\_ False \_\_\_\_\_
2. Calories measure the amount of air. True \_\_\_\_ False \_\_\_
3. You need just 4 calories a day to keep your body working.

True \_\_\_\_ False \_\_\_\_

1. Too much fat can be unhealthy. True \_\_\_\_ False \_\_\_\_

Part B.

How many calories for:

1. Bread (look at the picture) \_\_\_\_\_
2. Rice \_\_\_\_\_
3. Beans \_\_\_\_\_ (write the name of the can of bean you get)
4. Orange juice \_\_\_\_\_
5. Milk \_\_\_\_\_\_
6. Corn \_\_\_\_\_\_
7. Coca Cola \_\_\_\_\_