



EVALUACIÓN DE CIENCIAS NATURALES

UNIDAD 4: ALIMENTACIÓN Y HÁBITOS DE HIGIENE

Profesora: MARCELA QUILODRAN H.	Fecha: 11.11.2022
Nombre Alumno (a) :	Curso: 3ro A
Puntaje ideal: 52 PUNTOS	% de Evaluación: 45%
Puntaje obtenido: PUNTOS	% de Exigencia: 60%
OBJETIVOS DE APRENDIZAJE	
Nivel 1 OA 6: Clasificar los alimentos, distinguiendo sus efectos sobre la salud.	
Nivel 2 OA 7: Proponer buenas prácticas de higiene en la manipulación de alimentos para prevenir enfermedades.	
INDICADORES	
1. OA 6: Describen el rol de diversos tipos de alimentos para el cuerpo.	
2. OA 6: Distinguen alimentos saludables y perjudiciales para el cuerpo humano.	
3. OA 6: Agrupan alimentos según la función que cumplen en el organismo.	
4. OA 7: Comunican por diversas formas buenas prácticas de higiene en la vida cotidiana.	
5. OA 7: Identifican conductas que ayudan a prevenir el contagio de enfermedades a través de los alimentos.	

INSTRUCCIONES: lee y escucha atentamente las instrucciones de cada una de las preguntas y luego responde. Recuerda que debes encerrar solo UNA RESPUESTA. Si tienes alguna duda, levanta la mano.

I. SELECCIÓN MÚLTIPLE: lee las preguntas y encierra la alternativa que consideres correcta. (2pts/16 pts.)

1. ¿Cuál de los siguientes alimentos aporta principalmente VITAMINAS?	2. Son los encargados de reparar estructuras dañadas, como fracturas:
a) Pollo.	a) Las vitaminas.
b) Leche.	b) Las grasas saludables.
c) Naranjas.	c) Las proteínas.
3. Son ejemplos de alimentos altos en proteínas:	4. Proporcionan energía de reserva a nuestro organismo:
a) Pollo y pescado.	a) Grasas saludables, como la palta.
b) Pan y carne.	b) Lácteos, como el yogurt.
c) Leche y frutas.	c) Vitaminas, como la lechuga.
5. Son los alimentos que nos proporcionan energía inmediata:	6. Cuando consumimos una manzana ¿qué debemos hacer?
a) Vitaminas y sales minerales.	a) Lavar correctamente la manzana.
b) Carbohidratos.	b) Comer la manzana sin lavar.
c) Proteínas.	c) Pelar la manzana y comer sin cáscara.
7. ¿Cuál de los siguientes alimentos debemos evitar consumir con regularidad?	8. Cuando se va a cocinar ¿qué debemos considerar?
a) Hamburguesas y bebidas.	a) Que el lugar donde se cocine este limpio y ordenado.
b) Pastas y verduras.	b) Que los utensilios a utilizar estén sucios.
c) Carne y arroz.	c) Tener las manos sin limpiar.

II. REPRESENTAR: lee los siguientes enunciados y **dibuja 2 alimentos** que pertenezcan a cada grupo (1pt cada alimento/8pts).

Summit Prueba Unidad 4

**Douglas L. Mann, Douglas P.
Zipes, Peter Libby, Robert O. Bonow**

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Braunwald. Tratado de cardiología + ExpertConsult Douglas L. Mann, Douglas P. Zipes, Peter Libby, Robert O. Bonow, 2015-06-24 Obra de referencia en Cardiología a que pretende seguir siendo un recurso fundamental en todos los aspectos de la Cardiología contemporánea proporcionando a clínicos médicos en formación y estudiantes de todos los niveles las herramientas críticas para mantenerse al día en las bases científicas y los avances clínicos de la medicina cardiovascular. Ayuda al lector a aplicar los conocimientos más actuales en biología molecular y genética, imagen, farmacología, cardiología intervencional y electrofisiología entre otras cuestiones. Del total de los 89 capítulos que constituyen esta nueva edición 27 son nuevos. Igualmente colaboran en esta nueva edición 53 nuevos autores, todos ellos reconocidos expertos internacionales en sus respectivas disciplinas. Todos los capítulos han sido revisados y actualizados en profundidad para recoger todas las novedades registradas en el área de la medicina cardiovascular. La nueva edición de esta obra de referencia incluye un total de 2 600 figuras, 600 tablas y 240 videos. Algunas de las novedades que incorpora esta nueva edición hacen referencia a imagen molecular, ultrasonido intravascular, regeneración cardiovascular e ingeniería de tejidos, terapias avanzadas para fallo cardíaco, manejo de la fibrilación atrial, enfermedad cardíaca estructural, cuestiones técnicas en Medicina cardiovascular, cuestiones relacionadas con ensayos clínicos y otras cuestiones de interés. La nueva edición de este tratado de Cardiología presenta un acceso online a través de www.ExpertConsult.com en el que los usuarios podrán acceder a la videoteca completa, actualizaciones en línea, lecturas adicionales y audios. **Manual de guerra espiritual** Ed Murphy, 2014-04-08 El más amplio completo y práctico manual de guerra espiritual. Una herramienta esencial para entender efectivamente las tres dimensiones de la guerra espiritual y a la vez participar en ella definitivamente para lograr la victoria en Jesucristo. **Una idea de justicia ambiental** Gregorio Mesa Cuadros, 2018-04-24 La teoría de justicia ambiental reconoce la existencia de varios grados de responsabilidad por los daños infligidos al ambiente de acuerdo con las acciones y conductas de sus responsables. Este libro expone los fundamentos de esta teoría y elabora el concepto de injusticia ambiental que incluye reflexiones sobre cómo evitarla. Además la obra ofrece una serie de elementos jurídicos para poner en práctica esta idea de justicia analizando una serie de casos relacionados como las consultas populares sobre extracción de hidrocarburos y de minería, la autorización de licencias ambientales y el reconocimiento de ríos como sujetos de derechos entre otros. **Visión**, 1952 **El Exportador americano-industrial**, 1950 **Tiempos de ciencia**, 1988 **GEOACTA.**, 2008 **Hotel**, 1959 **Res diplomática**, 2007 **Soberanía**, 1986

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