# 食品科學與營養學
Practice Worksheet

## A. Vocabulary - Write the English word

Write the correct English word for each Chinese meaning.

1. 巨量營養素 (n.) _____

2. 微量營養素 (n.) _____

3. 卡路里 (n.) _____

4. 新陳代謝 (n.) _____

5. 碳水化合物 (n.) _____

6. 蛋白質 (n.) _____

7. 脂質 (n.) _____

8. 膳食纖維 (n.) _____

9. 抗氧化劑 (n.) _____

10. 酵素 (n.) _____

11. 益生菌 (n.) _____

12. 益生元 (n.) _____

13. 微生物群 (n.) _____

14. 發酵 (n.) _____

15. 巴氏殺菌 (n.) _____

## B. Grammar - Choose the correct answer

1. _____ are the building blocks of protein.
   (A) Amino acids                          (B) Fatty acids
   (C) Nucleic acids                        (D) Citric acids

2. The _____ index measures how quickly food raises blood sugar.
   (A) caloric                              (B) glycemic
   (C) metabolic                            (D) body mass

3. _____ processed foods are linked to obesity and chronic disease.
   (A) Under                                (B) Over
   (C) Ultra                                (D) Semi

4. Owing to poor nutrition, many children _____ from stunted growth.
    (A) suffer                          (B) suffers
    (C) suffering                    (D) suffered

5. The more processed the food, the _____ its nutrient density.
    (A) higher                        (B) lower
    (C) same                       (D) equal

6. Food is fortified _____ consumers receive adequate vitamins.
    (A) so that                      (B) because
    (C) although                  (D) unless

7. Shelf life is extended by _____ moisture through freeze-drying.
    (A) remove                   (B) removing
    (C) removed                 (D) removes

8. The gut _____ contains trillions of microorganisms.
    (A) microbiome               (B) microbiology
    (C) microscope              (D) microchip

9. A _____ diet emphasizes whole grains and healthy fats.
    (A) ketogenic                (B) Mediterranean
    (C) carnivore               (D) liquid

10. _____ agriculture uses technology to optimize farming efficiency.
    (A) Precision                (B) Traditional
    (C) Subsistence             (D) Slash-and-burn

## C. Listening - Go to learn.chparenting.com to listen

1. 腸道微生物群與健康有什麼關聯?
    (A) The gut microbiome has no effect on health.
    (B) The gut microbiome is linked to conditions from obesity to depression.
    (C) Scientists fully understand the microbiome.

2. 超加工食品與健康有什麼關聯?
    (A) Ultra-processed foods are a small part of most diets.
    (B) Research links ultra-processed foods to obesity and disease.
    (C) Ultra-processed foods have been proven completely safe.

3. 培養肉有什麼潛力和挑戰?
    (A) Lab-grown meat requires no scientific technology.
    (B) Lab-grown meat could reduce environmental impact but faces challenges.
    (C) Lab-grown meat is already cheaper than conventional meat.

4. 食物里程與碳足跡的關係是什麼?
    (A) Food miles are the most important factor in food's carbon footprint.
    (B) What we eat matters more than where food comes from for emissions.
    (C) Plant-based foods have higher emissions than animal products.

5. 科學家對間歇性斷食的看法是什麼?

    (A) Intermittent fasting is safe for everyone.
    (B) Fasting may have benefits but food quality matters more than timing.
    (C) There is no research on intermittent fasting.

## D. Reading - Go to learn.chparenting.com to read the passage

1. What paradox exists in the global food system?

    (A) There is not enough food produced.
    (B) Enough food is produced but millions are undernourished and food is wasted.
    (C) Food production has decreased.
    (D) Everyone has equal access to food.

2. What were the consequences of the Green Revolution?

    (A) Only positive outcomes
    (B) Increased yields but also environmental damage
    (C) Complete failure
    (D) No impact on food production

3. What does precision agriculture use?

    (A) Traditional farming methods only
    (B) Sensors, GPS, and data analytics
    (C) Only organic fertilizers
    (D) Manual labor exclusively

4. Why can't technology alone solve the food crisis?

    (A) Technology is not advanced enough.
    (B) Changes in behavior, policy, and social systems are also needed.
    (C) Technology makes things worse.
    (D) The crisis does not exist.

5. What is at stake according to the passage?

    (A) Only economic growth
    (B) Both human health and the health of the planet
    (C) Only food prices
    (D) Only agricultural profits