7º ano (correção das págs. 122 e 123)

1. Calcium: Cereals, sesame seeds, leafy greens.

 Iron: Red meat, chicken, nuts, wholegrains, some leafy greens

 Protein: Meat, fish, dairy products

2) 1) B

2) B

3) A

4) B

5) A

6) A

3) A) They can offer calcium and iron

b) They can drain calcium form the bonés and cause osteoporosis.

c) A teenage boy requires about 2.500 to 2.800 calories a Day.

d) A teenage girl requires about 2.200 calories a Day.

e) Thet can look for alternatives, like soy-based beans, and nuts.

f) Because it doesn’t contain the nutritional elements that our body requires.