

بسم الله الرحمن الرحيم
كلمات ومعناها chapter3 استماع واستيعاب
[أسئلة مراجعة - استماع واستيعاب - د/ألن]

1) Source mean:

- A unit for measuring the energy value of food
- To reduce or have less of something
- **A place where something comes from**
- A food substance that comes from plants and that we need for digestion

2) Vitamins and minerals mean:

- Weakening, rotting
- **Helpful elements in many food that are used by our bodies to grow and stay healthy**
- A food substance that comes from plants and that we need for digestion
- To reduce or have less of something

3) Gain mean:

- To reduce or have less of something
- Weakening, rotting
- Not to do or have something
- **To increase**

4) Skip mean:

- **Not to do or have something**
- To reduce or have less of something
- A food substance that comes from plants and that we need for digestion
- Weakening, rotting

5) Decay mean:

- To reduce or have less of something
- **Weakening, rotting**
- A food substance that comes from plants and that we need for digestion
- Non above

6) Cut down on:

- **To reduce or have less of something**
- A place where something comes from

- To increase
- 1and2

7) Calories mean:

- A food substance that comes from plants and that we need for digestion
- Helpful elements in many food that are used by our bodies to grow and stay healthy
- **A unit for measuring the energy value of food**
- Vitamins and minerals

8) Fiber mean:

- To increase
- Rotting
- A place where something comes from
- **A food substance that comes from plants and that we need for digestion**