

ESTUDO EM CASA – DISTANCIAMENTO SOCIAL – COVID 19

ATIVIDADES DE INGLES – 8º ANO A, B –


28ª SEMANA: DE 26/10/2020 à 30/10/2020 – 4º BIMESTRE

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Enviar as fotos da atividade no WhatsApp do professor ate dia 30/10

Benefits of banana

HEALTH BENEFITS OF BANANA



Organic Facts
www.organicfacts.net

Nutrients* Dietary Fiber 10% Carbohydrate 8% Calories 4% Protein 2%	Provides relief from stomach ulcers & constipation	
	Helps cure kidney disorders	
	Aids in treating piles & anemia	
Vitamins* Vitamin B6 18% Vitamin C 15% Folate 5% Riboflavin 4%	Provides relief from menstrual problems	
	Reduces inflammation from arthritis & gout	
Minerals* Manganese 13% Potassium 10% Magnesium 7% Copper 4%	Keeps eyes & bones healthy	
	Helps prevent cardiovascular disorders	

*% Daily Value per 100g. For e.g. 100g of Banana provides 18% of daily requirement of Vitamin B6

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1. prevent anemia and is benefit of...

A. banana

B. chocolate

C. margarine

D. mayonaise

2. false or not false:

a. reduce inflammation is benefit of banana.

b. prevent cardiovascular disorder is benefit of banana.

c. prevent anemia is benefit of banana.

d. prevent covid is benefit of banana.