

NUTRITION QUIZ. Read and answer. Work together with your partner/s

1. What food provides fuel/energy for exercise?
 - a. Vitamin
 - b. Carbohydrates
 - c. Water

2. What is added to tacos and soup that has lots of fiber?
 - a. Cheese
 - b. Lentils and beans
 - c. Mayonnaise

3. If I don't eat enough protein this could happen...
 - a. nails fall off
 - b. you lose your balance and fall
 - c. hair falls off, teeth will rot

4. What does protein do for you?
 - a. changes your hair color
 - b. helps people grow
 - c. allows you to eat more candy

5. What food group causes the calories to double or triple in chicken if it is fried?
 - a. Oil/butter
 - b. Salad
 - c. Carbohydrates

6. Everyone should drink 1 to 2 liters of fluid every day. How many ounces are in a liter?
 - a.15
 - b.28
 - c.32

7. What food is high in fat and often added to tacos, hamburgers and macaroni?

- a. sausages
- b. cheese
- c. ketchup

8. Orange juice is high in calcium/

TRUE

FALSE

9. Which ones of these foods are high in calcium?

- a. Butter
- b. Milk/yogurt
- c. Avocado

10. What Vitamin is best to fight a cold?

- a. Vitamin B
- b. Vitamin A
- c. Vitamin C

11. What Vitamin is also called “the Sun vitamin”?

- a. Vitamin B
- b. Vitamin A
- c. Vitamin C

12. Eating foods high in Vitamin C helps your body absorb iron

TRUE

FALSE

13. Where is iron found? (2 answers)

- a. Blood
- b. Bones
- c. muscles