

Nutrition & Food Science for Young Learners

Nutrition & Food Science · Practice Test · 10 Questions

1. Which food group is primarily responsible for giving your body energy to play and learn?

- A) Dairy products
- B) Grains and cereals
- C) Fruits
- D) Protein foods

2. What nutrient helps your body grow, build, and repair muscles?

- A) Sugar
- B) Protein
- C) Fat
- D) Water

3. Approximately how much of your body is made up of water?

- A) About a quarter
- B) About half
- C) About two-thirds
- D) Almost all of it

4. Before you eat or help prepare food, what is the most important thing to do to stay safe and healthy?

- A) Taste the food quickly
- B) Wash your hands with soap and water
- C) Check the time
- D) Open a window

5. Which food is botanically classified as a fruit, even though many people often use it like a vegetable in cooking?

- A) Carrot
- B) Spinach
- C) Tomato
- D) Potato

6. Eating a variety of foods from different food groups every day helps your body get all the nutrients it needs. What is this eating pattern called?

- A) A fast meal
- B) A balanced diet
- C) A sweet treat
- D) A large portion

7. Which food group provides calcium, an important mineral for strong bones and teeth?

- A) Vegetables
- B) Grains
- C) Dairy
- D) Fats and oils

8. What is the main role of carbohydrates in your diet?

- A) To build strong muscles
- B) To help your body grow tall
- C) To provide your body with energy
- D) To keep your teeth clean

9. To keep milk fresh and safe to drink, where should it always be stored?

- A) In a cupboard
- B) On the kitchen counter
- C) In the refrigerator
- D) In a sunny spot

10. What is a common health problem that can result from eating too many sugary foods and drinks?

- A) Stronger bones
- B) Faster growth
- C) Tooth decay
- D) Clearer skin