

Fueling Up: Nutrition Fun for Kids

Nutrition & Food Science · Answer Key · 12 Questions

1. Which nutrient is our body's main source of energy?

- A) Protein
- B) Carbohydrates**
- C) Fats
- D) Vitamins

2. What nutrient helps build and repair muscles and other body tissues?

- A) Vitamins
- B) Water
- C) Protein**
- D) Minerals

3. Which mineral is important for building strong bones and teeth?

- A) Iron
- B) Potassium
- C) Sodium
- D) Calcium**

4. Found in oranges and berries, which vitamin helps keep your immune system strong?

- A) Vitamin K
- B) Vitamin D
- C) Vitamin C**
- D) Vitamin B12

5. What is the most important fluid our body needs every day to stay hydrated?

- A) Milk
- B) Juice
- C) Soda
- D) Water**

6. Which food group includes foods like bread, rice, and pasta, providing energy?

- A) Dairy
- B) Vegetables
- C) Grains**
- D) Protein

7. Apples, bananas, and oranges belong to which food group?

A) Protein

B) Fruits

C) Dairy

D) Grains

8. Chicken, fish, eggs, and beans are good sources of which nutrient, found in the Protein food group?

A) Fats

B) Carbohydrates

C) Sugar

D) Protein

9. Before preparing or eating food, what is the most important thing you should do to prevent germs from spreading?

A) Wipe the counter

B) Wash your hands

C) Put on an apron

D) Get out the plates

10. Why is eating a healthy breakfast important for kids?

A) It helps you sleep more

B) It makes you grow taller instantly

C) It gives you energy for school and play

D) It lets you skip lunch

11. Avocados, nuts, and olive oil are good sources of which type of fat that is healthier for your heart?

A) Trans fat

B) Saturated fat

C) Unsaturated fat

D) Artificial fat

12. Which part of plant foods helps your digestion and keeps you feeling full?

A) Sugar

B) Starch

C) Fiber

D) Protein