

Fueling Up: Nutrition Fun for Kids

Nutrition & Food Science · Practice Test · 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