

Junior Nutrition Expert Quiz

Dietetics · Answer Key · 20 Questions

1. Which of these nutrients helps your body build strong muscles and repair itself?

A) Protein

B) Sugar

C) Fat

D) Water

2. Which mineral is primarily found in dairy products and is essential for keeping your bones strong?

A) Iron

B) Calcium

C) Potassium

D) Zinc

3. What is the main source of energy that your brain uses to think and learn?

A) Fiber

B) Carbohydrates

C) Protein

D) Vitamins

4. Which vitamin, found in oranges and strawberries, helps your body fight off germs?

A) Vitamin D

B) Vitamin A

C) Vitamin C

D) Vitamin B12

5. What substance in vegetables helps your stomach digest food properly?

A) Fiber

B) Sugar

C) Fat

D) Protein

6. Which of these foods is considered a 'legume' that provides a plant-based source of protein?

A) Apple

B) Lentil

C) Bread

D) Butter

7. Water makes up about what percentage of a human body's total weight?

- A) 10 percent
- B) 30 percent
- C) 60 percent**
- D) 90 percent

8. Which color of vegetables is typically a great source of Vitamin A, which helps you see in the dark?

- A) White
- B) Orange**
- C) Green
- D) Purple

9. What do we call the natural sugar found in fresh fruit?

- A) Fructose**
- B) Glucose
- C) Sucrose
- D) Lactose

10. Which type of fat is considered 'healthy' for your heart and is found in avocados and nuts?

- A) Saturated fat
- B) Trans fat
- C) Unsaturated fat**
- D) Solid fat

11. Iron is a mineral found in red meat and spinach that helps transport what to your cells?

- A) Sugar
- B) Oxygen**
- C) Fiber
- D) Water

12. Which of these is a 'whole grain' that provides long-lasting energy?

- A) White flour
- B) Oats**
- C) Sugar
- D) Corn syrup

13. What is the chemical name for the energy measurement in food?

- A) Weight
- B) Calorie**
- C) Gram
- D) Liter

14. Which organ in your body is responsible for filtering out waste from the food you eat?

- A) Lungs
- B) Kidneys**
- C) Heart
- D) Brain

15. What is the primary function of Vitamin D in the body?

- A) To help absorb calcium**
- B) To make you run faster
- C) To improve your memory
- D) To store body fat

16. Which food group provides the most Vitamin C?

- A) Grains
- B) Vegetables and Fruit**
- C) Meat
- D) Dairy

17. What nutrient is most commonly associated with 'healthy fats' found in oily fish like salmon?

- A) Omega-3 fatty acids**
- B) Fiber
- C) Protein
- D) Iron

18. Which part of an egg contains most of the vitamins and minerals?

- A) The shell
- B) The white
- C) The yolk**
- D) The membrane

19. What do plants absorb from the soil that helps them grow and eventually provides us with nutrients?

A) Sugar

B) Minerals

C) Plastic

D) Oil

20. Which of these is a vegetable that grows underground as a root?

A) Lettuce

B) Carrot

C) Broccoli

D) Tomato