

Dietetics for Young Explorers

Dietetics · Answer Key · 10 Questions

1. Which nutrient provides the most energy for our bodies, helping us run and play?

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

2. Proteins are like building blocks for our bodies. Which of these is a great source of protein for growing muscles?

- A) Rice
- B) Broccoli
- C) Chicken**
- D) Apples

3. Carbohydrates are a major source of energy. Which of these foods is a good example of a complex carbohydrate?

- A) Candy
- B) White bread
- C) Whole wheat pasta**
- D) Fruit juice

4. Vitamins and minerals are important for keeping our bodies healthy and strong, even though we don't need a lot of them. Which vitamin is important for healthy eyesight and is often found in carrots?

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

5. Fiber is a type of carbohydrate that our bodies don't digest, but it's really important for keeping our digestive system working smoothly. Where can you find a lot of fiber?

- A) Cheese
- B) Oats**
- C) Fish
- D) Milk

6. Calcium is a mineral crucial for building strong bones and teeth. Which of these is a well-known source of calcium?

- A) Bananas
- B) Spinach
- C) Yogurt**
- D) Bread

7. Iron is a mineral that helps our blood carry oxygen all around our body, giving us energy. Which of these foods is a good source of iron?

- A) Oranges
- B) Lentils**
- C) Grapes
- D) Potatoes

8. Water is essential for life and helps in many body functions. How much of an adult's body weight is typically made up of water?

- A) About 10%
- B) About 30%
- C) About 60%**
- D) About 90%

9. Sugars are a type of carbohydrate. While some sugars occur naturally in fruits, too much added sugar can be unhealthy. Which of these is a natural sugar found in fruit?

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

10. Antioxidants are special substances found in foods that help protect our body's cells from damage. Which of these brightly coloured fruits is a good source of antioxidants?

- A) Pear
- B) Banana
- C) Blueberry**
- D) Apple