

Healthy Food and Nutrition for Kids

Dietetics · Practice Test · 14 Questions

1. What nutrient found in milk helps build strong bones and teeth?

- A) Calcium
- B) Sugar
- C) Butter
- D) Vitamin C

2. Which food group do broccoli, carrots, and spinach belong to?

- A) Grains
- B) Dairy
- C) Vegetables
- D) Meat

3. What essential liquid should you drink daily to stay healthy and hydrated?

- A) Soda
- B) Water
- C) Coffee
- D) Fruit syrup

4. Oranges and lemons are rich in which vitamin that helps support your immune system?

- A) Vitamin C
- B) Vitamin D
- C) Iron
- D) Calcium

5. Which nutrient found in eggs, fish, and beans helps build strong muscles?

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

6. Eating too many sugary sweets can cause damage to which part of your body?

- A) Teeth
- B) Hair
- C) Elbows
- D) Nails

7. Carrots contain Vitamin A, which helps support good health for which sense organ?

- A) Eyes
- B) Ears
- C) Nose
- D) Tongue

8. Bread, rice, and pasta give your body energy because they are rich in what nutrient?

- A) Carbohydrates
- B) Calcium
- C) Vitamin C
- D) Salt

9. Yogurt and cheese are dairy products made primarily from which food?

- A) Milk
- B) Juice
- C) Water
- D) Oil

10. Nutrients called fiber, found in whole grains and fruit, help with which body process?

- A) Digestion
- B) Hearing
- C) Blinking
- D) Thinking

11. Which of the following foods is classified as a fresh fruit?

- A) Apple
- B) Potato
- C) Onion
- D) Garlic

12. What mineral found in spinach and red meat helps transport oxygen around your body in the blood?

- A) Iron
- B) Calcium
- C) Sugar
- D) Water

13. What is the name of the meal eaten in the morning to start your day?

- A) Breakfast
- B) Lunch
- C) Dinner
- D) Supper

14. Almonds, walnuts, and cashews belong to which food category?

- A) Nuts
- B) Dairy
- C) Grains
- D) Seafood