

Quiz about nutrients.

1. Which food group does cereal belong to?

A. Grain

B. Wheat

C. Cereal

2. Which nutrient makes up most of your body?

A. Vitamins

B. Minerals

C. Water

3. Which food group should you eat the most of each day?

A. Vegetable

B. Grain

C. Meat

4. Which nutrient helps you grow and build strong muscles?

A. Protein

B. Minerals

C. Creatine

5. A strawberry belongs in which food group?

A. Vegetable

B. Fruit

C. Fructose

6. Which nutrient provides you with your first source of energy?

A. Protein

B. Carbohydrates

C. Lipids

7. Which fat is the “healthy” fat?

A. Saturated fat

B. Unsaturated fat

C. Animal fat

8. The nutrient protein can be found mostly in which food group?

A. Vegetable

C. Grains

D. Meats and beans

9. Which of the following minerals helps build strong teeth and bones?

A. Calcium

B. Zinc

C. Folate

10. Which food item is a good source of vitamin C?

A. Whole grain bread

B. Orange

C. Walnuts

11. _____ can help fill you up and regulate your blood sugar.

A. Fat

B. Fiber

C. Vitamins

12. You should aim to keep your meals _____ calories or less.

A. 400

B. 500

C.700

13. This nutrient is considered a building block of the body

A.Carb

B.Protein

C.Fat

14. This nutrient is a stored form of energy

A.Carb

B.Protein

C.Fat

15. This nutrient is composed of amino acids

A.Carb

B.Protein

C.Fat