

Name: _____ **Date:** _____

Nutrition Detective Mystery for 6th Grade Quiz

Challenge students to analyze nutrition labels and metabolic processes in this interactive assessment. Ideal for formative health units or science lab extensions.

1. If a snack contains 5 grams of fiber per serving, why is it considered a 'smart' energy choice for a student preparing for a long afternoon of classes?

- A. Fiber provides more calories per gram than sugar
- B. It slows glucose absorption, preventing an energy crash
- C. Fiber instantly converts into muscle tissue
- D. It eliminates the need for any other nutrients

2. True or False: Ingredients on a food label are listed in order from the smallest amount used to the largest amount used.

- A. True
- B. False

3. When examining a nutrition label, _____ fats should be avoided as much as possible because they increase the risk of heart disease by raising 'bad' cholesterol.

- A. Polyunsaturated
- B. Monounsaturated
- C. Trans
- D. Essential

4. A middle school athlete is looking for a 'nutrient-dense' snack. Which of the following best fits the scientific definition of nutrient density?

- A. A food with high calories but very few vitamins
- B. A food that provides many vitamins and minerals for relatively few calories
- C. A food that is heavy in weight but light in energy
- D. A food consisting entirely of water and electrolytes

5. The chemical process through which the body breaks down food and converts it into energy is known as _____.

- A. Circulation
- B. Metabolism
- C. Photosynthesis
- D. Respiration

6. True or False: Iron is a mineral that helps red blood cells carry oxygen from the lungs to the rest of the body.

- A. True

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B. False

7. Imagine you are analyzing a 'Whole Wheat' cracker box versus a 'Multigrain' cracker box. Why is the '100% Whole Wheat' label typically a better nutritional indicator?

- A. Multigrain means the product is made of at least 10 different types of sugar
- B. Whole grain implies the germ and bran are intact, providing more B-vitamins
- C. Whole wheat products contain no calories
- D. Multigrain products are always chemically bleached

8. To maintain proper fluid balance and nerve function, the body requires _____, but consuming too much can lead to high blood pressure.

- A. Sodium
- B. Vitamin D
- C. Glucose
- D. Protein

9. True or False: 'Empty calories' refer to foods that provide energy but contain very little nutritional value like vitamins or minerals.

- A. True
- B. False

10. Which of these is a likely consequence of a long-term deficiency in Vitamin A, often found in leafy greens and orange vegetables?

- A. Weakened tooth enamel
- B. Poor night vision and immune function
- C. Hyperactivity and excess energy
- D. Increased bone density