

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Answer Key: Crunchy Fuel 4th Grade Nutrition Quiz

How does your body turn dinner into energy? Identifying essential food groups and nutrient functions through recall and basic comprehension.

### 1. Which of these is a 'smart snack' that gives your body long-lasting energy and fiber?

**Answer:** B) An apple with peanut butter

Apples provide fiber and peanut butter provides protein, making it a nutrient-dense choice compared to processed snacks.

### 2. Drinking plenty of water is important because it helps move nutrients through your body.

**Answer:** A) True

Water is a vital nutrient that aids digestion and carries vitamins and minerals to your cells.

### 3. Foods like eggs, beans, and lean meats fall into the \_\_\_\_\_ group, which helps build and repair muscles.

**Answer:** C) Protein

Protein is the specific nutrient responsible for repairing body tissues and growing strong muscles.

### 4. If you are following the MyPlate guide, what should take up half of your plate?

**Answer:** B) Fruits and vegetables

The MyPlate visual suggests that 50% of a balanced meal should consist of fruits and vegetables for fiber and vitamins.

### 5. Vitamins are only found in medicine bottles and cannot be found in real food.

**Answer:** B) False

Vitamins occur naturally in many foods, such as Vitamin A in carrots and Vitamin C in bell peppers.

### 6. When you choose a food that has a lot of vitamins but not many 'empty' calories, that food is called \_\_\_\_\_.

**Answer:** B) Nutrient-dense

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Nutrient-dense foods provide a high amount of nutrients relative to the number of calories they contain.

**7. Which of these minerals is most important for keeping your teeth and bones strong?**

**Answer:** C) Calcium

Calcium is a mineral found in dairy and leafy greens that builds the density of bones and teeth.

**8. Whole grains, like oatmeal and brown rice, give your body longer energy than sugary cereals.**

**Answer:** A) True

Whole grains are complex carbohydrates that digest slowly, providing a steady stream of energy.

**9. Checking the \_\_\_\_\_ label on a box helps you see how much sugar and salt is in one serving.**

**Answer:** C) Nutrition Facts

The Nutrition Facts label is a tool used to identify ingredients and the nutritional value of packaged foods.

**10. Why is it important to eat a variety of different colored vegetables?**

**Answer:** A) Different colors provide different vitamins

Phytochemicals and vitamins often correspond to the color of the plant, so eating many colors ensures a wide range of health benefits.