

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

Name: _____ **Date:** _____

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.