

Name: _____

Date: _____

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?

- A. A bag of salty potato chips
- B. An apple with peanut butter
- C. A chocolate bar
- D. Fruit-flavored gummy bears

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

- A. True
- B. False

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

- A. Dairy
- B. Grains
- C. Protein
- D. Vegetable

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

- A. Meat and bread
- B. Fruits and vegetables
- C. Cheese and yogurt
- D. Pasta and rice

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

- A. True
- B. False

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

- A. Salty
- B. Nutrient-dense
- C. Processed
- D. Oily

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

- A. Iron
- B. Sodium

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- C. Calcium
- D. Sugar

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

- A. True
- B. False

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

- A. Price
- B. Shipping
- C. Nutrition Facts
- D. Brand Name

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

- A. Different colors provide different vitamins
- B. It makes the plate look like a rainbow
- C. Colored vegetables taste like candy
- D. It is easier to cook them all at once