

Name: _____ Date: _____

Answer Key: The Nutrition Alchemist's Biofuel Challenge for 4th Grade

Synthesize data from nutrition labels and design balanced meals to fuel high-intensity physical and mental performance.

1. If an athlete is preparing for a long-distance track meet, which 'slow-burning' complex carbohydrate would provide the most sustained energy release compared to simple sugars?

Answer: B) A bowl of steel-cut oatmeal

Steel-cut oats are complex carbohydrates rich in fiber, which slows digestion and provides a steady stream of glucose to the blood, unlike simple sugars that cause a 'crash'.

2. To repair microscopic tears in muscle fibers after a strenuous climbing session, the body specifically requires _____, which are found in high concentrations in lentils and eggs.

Answer: C) Amino acids

Proteins are made of amino acids, which are the fundamental building blocks used by the body to repair and grow muscle tissue.

3. True or False: 'Nutrient density' refers to a food that has a high amount of vitamins and minerals relative to its total calorie count.

Answer: A) True

Nutrient-dense foods, like kale or blueberries, provide a wealth of micronutrients without adding excessive 'empty' calories to a person's diet.

4. A nutritionist notices a student is feeling unusually sluggish and has brittle fingernails. Which mineral, found in leafy greens and pumpkin seeds, might they be lacking to help transport oxygen through their blood?

Answer: B) Iron

Iron is a critical component of hemoglobin, the protein in red blood cells that carries oxygen from the lungs to the rest of the body.

5. When analyzing a nutrition label, if a product contains 0g of fiber but 25g of 'Added Sugars,' it is likely a _____ food that provides quick energy but few long-term health benefits.

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Answer: C) Highly processed

Highly processed foods often have natural fiber removed and sugars added, leading to high caloric density but low nutritional value.

6. True or False: Fat is a harmful substance that should be entirely removed from a 4th grader's diet to ensure maximum heart health.

Answer: B) False

The body requires healthy fats (like those in walnuts or salmon) for brain development, nerve function, and the absorption of specific vitamins like A, D, and E.

7. Which of these meal combinations demonstrates the best 'synergy' for bone health by combining Vitamin D and Calcium?

Answer: C) Fortified milk and a spinach omelet

Vitamin D (often fortified in milk) is necessary for the body to effectively absorb Calcium (found in leafy greens like spinach and dairy).

8. The _____ system relies heavily on 'good' bacteria supported by fiber-rich foods like raspberries and beans to keep the body's waste-removal process efficient.

Answer: B) Digestive

The digestive system uses dietary fiber to move food through the intestines and to feed the microbiome (healthy gut bacteria).

9. True or False: Water is considered an essential nutrient because it regulates body temperature and acts as a solvent for chemical reactions in cells.

Answer: A) True

Water is vital for almost every bodily function, including cooling via sweat and transporting nutrients into cells.

10. If you are designing a 'brain-boosting' snack for a math competition, which option provides the best omega-3 fatty acids for cognitive function?

Answer: A) A handful of walnuts

Walnuts are a significant plant-based source of omega-3 fatty acids, which support brain health and improve concentration.

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