

Name: _____

Date: _____

Answer Key: Build Your Best Body: 3rd Grade Nutrition Quiz

Ever wonder how a tiny seed becomes a tall tree? Identify how specific nutrients fuel your growth and keep your heart pumping strong through this interactive quiz.

1. Imagine you are running a long race at recess. Which nutrient acts like 'gasoline' for your body to give you quick energy to reach the finish line?

Answer: B) Carbohydrates

Carbohydrates are the body's primary source of energy, especially during physical activity.

2. True or False: Your body needs small amounts of minerals, like iron, to help carry oxygen in your blood.

Answer: A) True

Minerals like iron are essential for making hemoglobin, which carries oxygen from your lungs to the rest of your body.

3. To keep your muscles strong and help your body repair a scraped knee, you should eat foods high in _____.

Answer: C) Protein

Protein is the 'building block' of the body, used to grow and repair tissues like skin and muscle.

4. Which of these is the healthiest way to stay hydrated during a hot soccer game?

Answer: B) Plain water

Water provides hydration without the added sugars and chemicals found in soda or punch.

5. A 'balanced plate' means you shouldn't just eat one thing. According to health experts, about half of your plate should be filled with _____.

Answer: C) Fruits and vegetables

Fruits and vegetables provide essential vitamins and fiber, and should make up a large portion of a healthy meal.

6. True or False: 'Saturated fats' found in some fried snacks are the best kind of fat for your heart health.

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Answer: B) False

Saturated fats should be limited; healthy fats from foods like nuts or fish are better for heart health.

7. If you want to keep your digestive system moving smoothly, which of these is most helpful?

Answer: A) Fiber from whole grains

Fiber acts like a broom for your digestive tract, helping food move through your body.

8. When looking at a food label, the _____ size tells you exactly how much of that food makes up one portion.

Answer: B) Serving

The serving size helps you understand how many calories and nutrients are in a specific amount of that food.

9. True or False: Eating a variety of different colored vegetables ensures you get many different vitamins.

Answer: A) True

Different colored plants often contain different nutrients; for example, orange carrots have Vitamin A, while leafy greens have Vitamin K.

10. Why is it better to eat a whole apple instead of drinking apple-flavored candy juice?

Answer: A) The apple has more natural fiber and less added sugar.

Whole fruits contain fiber that juice often lacks, and snack drinks often have unhealthy added sugars.