

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.

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**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.