

Name: _____

Date: _____

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?

- A. Fiber
- B. Carbohydrates
- C. Calcium
- D. Vitamin D

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

- A. True
- B. False

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

- A. Sugar
- B. Fats
- C. Protein
- D. Water

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

- A. Grape soda
- B. Plain water
- C. Fruit punch
- D. Iced tea with extra sugar

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 _____.

- A. Meat and cheese
- B. Bread and pasta
- C. Fruits and vegetables
- D. Desserts and snacks

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

- A. True
- B. False

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

- A. Fiber from whole grains
- B. Vitamin A from milk
- C. Sugar from candy
- D. Salt from pretzels

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

- A. Container
- B. Serving
- C. Package
- D. Weight

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

- A. True
- B. False

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

- A. The apple has more natural fiber and less added sugar.
- B. The juice has too much protein.
- C. The apple has no vitamins.
- D. The juice is too hard to swallow.