

Nutrition – Class 1

Food & Your Body

Quiz Answer Key

- Food gives your body more than energy because food also provides:
 - Information, signals, and building materials
 - Bigger muscles immediately
 - The feeling of hunger
 - Only calories and fuel for energy(Answer: A)
- Which food would likely bring more helpful nutrients along with carbohydrates?
 - Soda
 - Apple
 - Candy
 - White sugar(Answer: B)
- Which group contains the three macronutrients?
 - Vitamins, minerals, and water
 - Fiber, iron, and oxygen
 - Carbohydrates, protein, and fat
 - Magnesium, zinc, and calcium(Answer: C)
- Protein is often compared to LEGO® pieces because protein helps:
 - Store energy for later
 - Create body heat
 - Move food through the stomach
 - Build and repair body parts(Answer: D)
- Which nutrient helps store energy for later use?
 - Fat
 - Protein
 - Water
 - Iron(Answer: A)
- Why does your body store energy in different ways?
 - The body only likes one fuel source
 - The body can save and use fuel when needed
 - The body stores all fuel in muscles
 - The body cannot switch fuels(Answer: B)
- Tiny structures inside your cells called mitochondria help:
 - Digest food in your stomach
 - Carry oxygen through your blood

- C. Turn fuel into usable energy
 - D. Store vitamins for later
- (Answer: C)

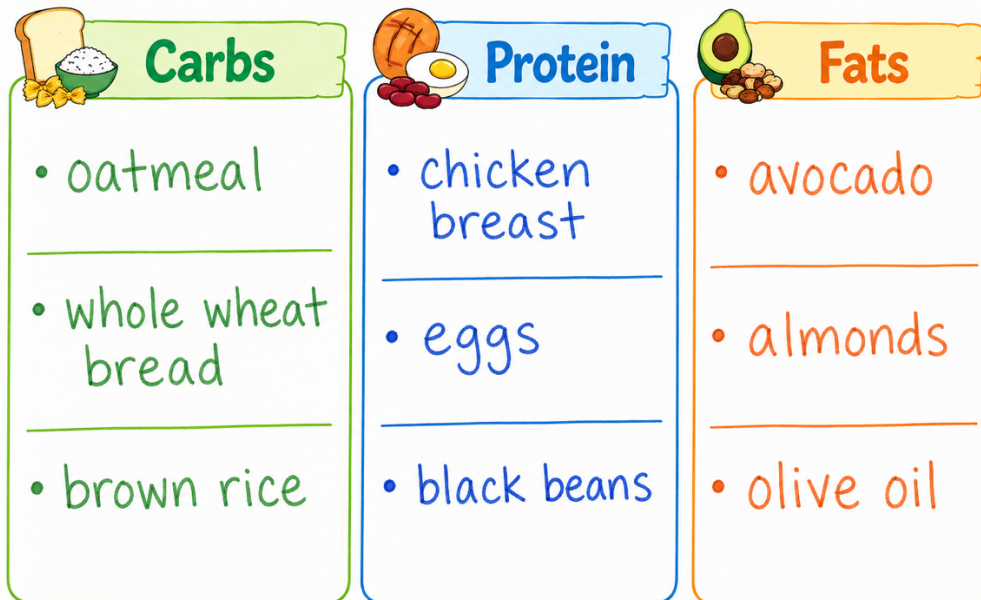
8. Why are vitamins and minerals sometimes called "tiny helpers"?
- A. They are only used during exercise
 - B. They help your body do many important jobs
 - C. They only help your bones grow
 - D. They are found only in vegetables
- (Answer: B)

9. Fiber helps your body by:
- A. Turning into quick energy
 - B. Building muscles directly
 - C. Helping your tummy and feeding good bacteria
 - D. Replacing vitamins and minerals
- (Answer: C)

10. Why might heavily processed foods sometimes provide less helpful information?
- A. They always contain no calories
 - B. They always contain no fat
 - C. They can never be digested
 - D. Some helpful nutrients may be removed during processing
- (Answer: D)
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Home Activities – Answer Key

Activity 1 – Build Your Plate



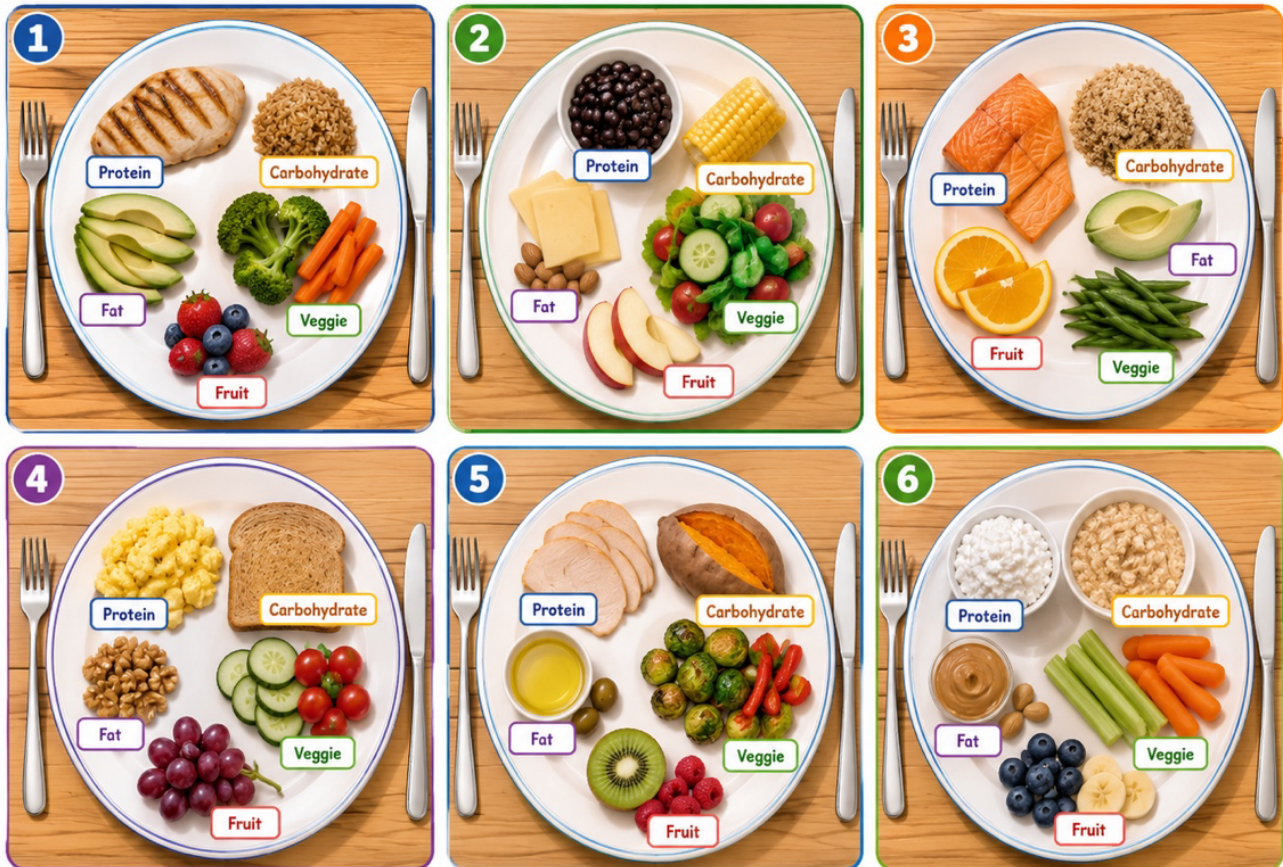
Many foods can fit into more than one box because foods are usually a blend.

For example:

- Black beans have carbohydrates and protein.
- Nuts contain protein and healthy fats
- Milk and yogurt can contain carbohydrates, protein, and fat

Foods are often like teams working together instead of fitting into only one category.

Activity 2 – Build Your Plate

ACTIVITY #2: BUILD YOUR PLATE – ANSWER KEY EXAMPLES

★ Remember: There are many tasty ways to build a balanced plate! ★

There are many correct ways to build a healthy plate. These examples show different foods that include a carbohydrate, protein, healthy fat, fruit, and vegetable. Your plate does not have to look exactly like these examples. The goal is to practice noticing food groups and learning that many different food combinations can help fuel and build your body.