Food and Nutrition Quiz

1. What is a calorie?
    a. An ingredient in unhealthy food
    b. A measure of how healthy a food is
    c. A measure of how much energy you get from a food
2. Who needs 2,000 calories a day?
    a. Every adult
    b. An active woman who weighs 130 pounds
    c. An active male who weighs 200 pounds
3. A hard and fast rule of weight loss is that cutting 500 calories a day leads to dropping a pound a week.
    a. True
    b. False
4. A very low-calorie diet will:
    a. Speed up your metabolism
    b. Slow down your metabolism
    c. Have no effect on your metabolism
5. Which nutrient is the building block of your body?
    a. Protein
    b. Carbohydrates
    c. Fats
6. What nutrient is your body mainly made of?
    a. Fat
    b. Protein
    c. Water
7. What are substances found in food that your body needs for survival, development, energy and growth? (Hint: There are 6 of them!)
    a. Nutrients
    b. Vitamins
    c. Minerals
8. What is our main source of energy?
    a. Proteins
    b. Carbohydrates
    c. Water
9. "Good carbs" are:

LIVEWORKSHEETS

a. Plant-based
b. Have fiber
c. Are refined
d. A & B
e. All the above

10. Fiber has many benefits, such as…
    a. Repairs muscle
    b. Helps us feel fuller for longer
    c. Provides energy
11. Nutrition Facts labels tell you what nutrients and their percentage are in a food.
    a. True
    b. False
12. It is important to read Ingredients Labels to know what is in your food.
    a. True
    b. False

Find the nutrients

**Proteins:**

**Healthy fats:**

**Vitamins:**

LIVEWORKSHEETS



Minerals:



Carbohydrates:



Water:

LIVEWORKSHEETS