

Food and Nutrition Quiz

Name _____

Date _____

1. Which food group gives us energy for our daily activities?

Meats

Dairy

Fruits and Vegetables

Grains

2. What do we get from the meats and alternatives that helps our muscles to grow and be healthy?

Vitamins and minerals

Calcium

Fiber

Proteins

3. What does calcium do for our bodies?

Helps to keep our skin and hair healthy

Helps to grow strong bones and teeth

Helps to grow and repair muscles

4. Which foods give us carbohydrates?

5. Which foods give us proteins?

6. Which foods give us vitamins and minerals?

7. Which foods gives us calcium?
8. What should your drink of choice be at all your meals?