

# NutriQUIZ



Which nutrient is the body's main source of energy?

A. Protein

C. Vitamins

B. Carbohydrates

D. Minerals



Fruits and vegetables  
are rich in vitamins and  
minerals?

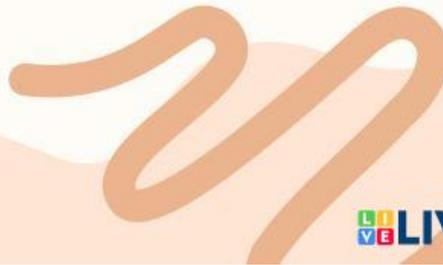


TRUE OR FALSE



# Fill in the blank

Milk is a good source of \_\_\_\_\_



What vitamin helps boost the immune system and is found in citrus fruits?



- A. Vitamin A
- B. Vitamin C
- C. Vitamin K
- D. Vitamin E

Water is essential  
for digestion and  
nutrient transport?



TRUE OR FALSE



THANK YOU!

