

FOOD

Part A: Multiple Choice

Choose the correct answer.

1. Which of the following is a healthy food choice?
 - a) Fried chicken
 - b) Fresh salad
 - c) Candy bar
 - d) Sugary soda
2. What nutrient is found in large amounts in fruits like oranges and strawberries?
 - a) Protein
 - b) Vitamin C
 - c) Fat
 - d) Calcium
3. Which of the following foods is considered unhealthy if eaten in large quantities?
 - a) Whole-grain bread
 - b) Grilled vegetables
 - c) Potato chips
 - d) Fresh fruit

Part B: Fill in the blanks

Use the words from the box to complete the sentences: **calcium, protein, fiber, unhealthy, vitamins, sugar**

1. Milk and cheese contain a lot of _____, which is good for your bones.
2. Beans and meat are rich in _____, which helps your muscles grow.
3. Eating foods high in _____, like whole grains, helps with digestion.
4. Too much _____ in your diet can lead to health problems like obesity.
5. Fruits and vegetables are full of _____, which keep your body healthy.
6. Eating too many fast foods like burgers and fries is _____.

Part C: True or False

Write **True** or **False** next to each statement.

1. Nuts and seeds are a good source of healthy fats.
2. Drinking water is not important for staying healthy.
3. Eating a lot of sugar can lead to health problems.
4. Vegetables are unhealthy because they don't contain any nutrients.
5. Whole-grain foods are a healthier choice than white bread or rice.

Answer Key: Food and Nutrition Test

Part A: Multiple Choice

1. b) Fresh salad
 2. b) Vitamin C
 3. c) Potato chips
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Part B: Fill in the blanks

1. calcium
 2. protein
 3. fiber
 4. sugar
 5. vitamins
 6. unhealthy
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Part C: True or False

1. True
2. False
3. True
4. False
5. True