

READING TEST

FULL NAME: _____ **DATE:** August 16th, 2025

Are apples rich in potassium?

- a) Yes
- b) No

What is the best drink to rehydrate the body?

- a) Milk
- b) Water
- c) Juice

What dairy products can you drink or eat if you don't like milk?

- a) Cheese and yogurt
- b) Carrots and onions
- c) Apples and pears

Which vegetable did Popeye love?

- a) Beans
- b) Spinach
- c) Carrots

Which fruit is a good source of fiber and contains no fat?

- a) Strawberry
- b) Pear
- c) Apple

What does potassium help keep strong?

- a) Bones
- b) Muscles
- c) Eyes

What does water help us prevent?

- a) Headaches
- b) Stomachaches
- c) Toothaches

Which nutrients does milk contain?

- a) Calcium, protein, and potassium
- b) Fiber and vitamin C
- c) Iron and zinc

What do beans have a lot of?

- a) Sugar
- b) Protein
- c) Fat

Which fruit is not very rich in vitamin C?

- a) Strawberry
- b) Pear
- c) Orange