

Name: _____

Section: _____

Date: _____



NUTRITION QUEST



A fun and interactive quiz to test your knowledge of healthy eating, nutrients, and balanced diets

- 1 Which nutrient helps repair body tissues and build muscles?
- 2 Which mineral is essential for strong bones and teeth?
- 3 What is the primary benefit of dietary fiber?
- 4 Which vitamin is produced by the body when exposed to sunlight?
- 5 Why is it important to limit added sugars in your diet?
- 6 Which of these is considered a “superfood” due to its high nutrient content?
- 7 Which nutrient helps the body absorb vitamins A, D, E, and K?
- 8 Which food contains probiotics that help maintain gut health?
- 9 Which of the following is considered an empty-calorie food?
- 10 Which drink is best for staying hydrated without added sugar?