



## Question Bank - Easy

1. What fruit is red and speckled and is in season in June?  
A: Strawberry
2. Name 2 yellow fruits  
A: Bananas, Pineapples, Yellow Delicious Apple, Lemon, etc.
3. Name 10 different vegetables  
A: Beans, squash, tomatoes, potatoes, lettuce, broccoli, cauliflower, onion, carrot, peas, corn, pepper, artichoke, etc.
4. Name 2 vegetables that are yellow  
A: yellow peppers, yellow wax beans, yellow zucchini, etc.
5. Name a fruit that is purplish-blue, small, round and contains special nutrients (antioxidants) that may help fight heart disease and cancer  
A: Blueberries
6. What is the nutrient responsible for helping build strong bones?  
A: Calcium
7. Name 5 healthy afterschool snacks: yogurt, cereal, fruits and vegetables, crackers and cheese, cheese strings, any food that fits into the food guide
8. Which cereal is healthier: Cheerios or Froot Loops, and why?  
A: Cheerios because there is less sugar in Cheerios.

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8. Which cereal is healthier: Cheerios or Froot Loops, and why?  
A: Cheerios because there is less sugar in Cheerios.
9. Name 5 orange fruits or vegetables  
A: Butternut squash, carrots, sweet potatoes, mangos, oranges, peaches, apricots
10. Name 5 red fruits and/or vegetables  
A: Red peppers, beets, raspberries, radishes, apples, strawberries, tomatoes
11. Name 3 leafy green vegetables.  
A: Spinach, cabbage, Boston lettuce, collard, romaine lettuce
12. What is a healthier choice to drink: milk or pop? Why?  
A: Milk – it has more nutrients like calcium and vitamin D, protein, and can be lower in fat. Pop contains only sugar and no nutrients.
13. Why is milk a healthier option than pop?  
A: Pop is full of lots of sugar and does not have the vitamins that milk has.
14. What nutty meat alternative can you spread on a sandwich?  
A: Peanut butter, almond butter
15. What kind of fruit is guacamole made of?  
A: Avocado

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16. What healthy ingredients could you make a smoothie with?  
A: Yogurt, milk, banana, and other fruit
17. How can you find out the nutrition of different foods in the grocery store?  
A: The nutrition label, the ingredients list
18. What is put in the ground that allows fruits and vegetables to grow?  
A: A seed, or water
19. What is found in many fruits and vegetables that hydrates your body?  
A: Water
20. Name 3 citrus fruits  
A: Oranges, grapefruits, pineapples, tangerines, lemons, limes
21. What nutrient in oatmeal makes it so healthy?  
A: Fibre, carbohydrate
22. The chicken in a chicken fajita is from which food group  
A: Meat & Alternatives
23. Is yogurt only good for breakfast?  
A: No, it can be a great snack!

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24. What food group does the rice in stir fry come from?

A: Grain products

25. For more calcium, should you have your cookie with a glass of water, milk, or a can of pop?

A: glass of milk

26. Does healthy eating mean you must eat all food on your plate even if you're full?

A: No, you should eat only until you are full.

27. If you follow a healthy diet, should you stop being physically active?

A: No – physical activity keeps your body strong and active.

28. Is orange punch as good for you as orange juice?

A: No – orange punch contains added sugar. Orange juice does not have any sugar added to it.

29. Which food group do eggs belong to?

A: Meat and Alternatives

30. Are frozen vegetables just as good for you as fresh vegetables?

A: Yes – they contain the same nutrients as fresh vegetables.

31. Which bread has more fibre: whole grain bread or white bread?

A: Whole grain bread

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32. Does the way you eat as a child and teenager affect your health in later years to come?  
A: Yes! Healthy eating when you are young helps you establish good eating habits that will last with you for a lifetime.
33. Are fruit roll ups real fruit and a healthy snack?  
A: No, they can contain high amounts of sugar
34. Name two orange fruits  
A: Oranges, grapefruits, tangerines, mandarins, Clementines
35. Name two purple fruits  
A: Grapes, blackberries, plums, prunes, figs
36. Name two purple vegetables  
A: Eggplants, purple cabbage, purple onion
37. Name two white vegetables  
A: Cauliflower, mushrooms, onions, white corn, garlic
38. Name two red fruits  
A: Apples, strawberries, cranberries, cherries, pomegranates
39. Are fruits and vegetables a source of fibre?  
A: Yes – especially if you eat the skin and seeds of the fruit and vegetables.

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40. Healthy eating means you must eat all healthy foods even if you do not like them.  
A: False – it means eating a variety of foods found in the food guide.
41. Fruit and vegetables help to prevent diseases such as cancer, heart disease, and diabetes  
A: True – they contain special nutrients that keep you healthy and may prevent these diseases.
42. Kids who eat meals with their families on a regular basis generally have a more balanced diet than those who do not  
A: True – Families who eat together tend to eat healthier foods and parents can be good role models for their children.
43. Which has more nutrition – iceberg lettuce or romaine lettuce?  
A: Romaine lettuce – darker green vegetables are packed with more nutrition.
44. Sunny D is an example of a healthy fruit juice for kids  
A: False – it has added sugar
45. Instant noodles are fried in fat  
A: True – this makes them higher in fat and less healthy.
46. Which vitamin is known as the sunshine vitamin?  
A: Vitamin D – when our skin is exposed to the sun, there is a chemical reaction in our body that produces Vitamin D. But too much sun can damage our skin. We should get our Vitamin D from foods such as fortified milk and fatty fish.

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47. Name the four food groups

A: Grain Products, Vegetables and Fruit, Milk and Alternatives, Meat and Alternatives

48. Every day you should have: (answer is bolded)

- 1 piece of fruit
- Only fruit juice
- **More than 2 pieces of fruit**

49. Which is the best breakfast to choose: (answer is bolded)

- Toast with peanut butter or butter and honey
- Nothing at all
- **Cereal with banana and milk**

50. Every day you should eat: (answer is bolded)

**2-3 servings of vegetables (raw or cooked)**

Only chips

No vegetables

51. If you have a sandwich for lunch at school, the filling should be: (answer is bolded)

Thick butter and jam

**Tuna or lean meat and salad**

Cheese and pickle



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52. Every day you should drink: (answer is bolded)

**2-3 glasses of milk**

Vry little

A large quantity & variety of drink

53. Eating a balanced diet every day is like putting together a puzzle. Good nutritious foods should make up the biggest pieces of the puzzle. Which of the following foods should be one of the smallest puzzle pieces? (answer is bolded)

Fruits

Bagels

Vegetables

Low-fat milk

**Candy**

54. Which is the best meal to skip? (answer is bolded)

Breakfast

Lunch

Dinner

You can skip which ever one you choose

**None of the above**

55. Which of the following is a “heart healthy” snack? (answer is bolded)

Skim/low-fat milk and graham crackers

Saltines with peanut butter

Air-popped popcorn

Pretzels with mustard

**All of the above**

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56. When you are eating out at a restaurant, which would be the healthiest side dish to order with your meal? (answer is bolded)

French fries

**Baked potato with soft margarine spread**

Macaroni and cheese

Onion rings

Potato chips

57. Of the following breakfast items, which is the healthiest? (answer is bolded)

A doughnut

Bacon and eggs

A bagel with cream cheese

**A bowl of whole grain cereal with skim milk**

58. Of the following snack items, which is not very healthy? (answer is bolded)

**French fries**

Air popped popcorn

An apple

Raisins

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59. What does calcium do for the body? (answer is bolded)

Improves eyesight

**Builds strong bones**

Repairs muscle tissue

Aids flexibility

60. A completely vegetarian diet can be just as healthy as one that includes animal products.  
(answer is bolded)

**True – as long as it is well balanced**      False

61. According to the food guide, which food group should you get most of your food from?  
(answer is bolded)

Fruits

Vegetables

Milk

**Grains**

62. Orange juice is good for you because it contains plenty of Vitamin \_\_\_\_\_. (answer is bolded)

A

B-12

**C**

D

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63. Grapes are an example of a combination food. (answer is bolded)

True

**False**

64. One of the following does not belong in this food group: (answer is bolded)

Banana

**Beef**

Peach

Nectarine

Prune

65. What food doesn't belong to this food group? (answer is bolded)

Chicken

Steak

Lamb

Crab

**Kiwi**

66. What food doesn't belong to this food group? (answer is bolded)

**Eggs**

Squash

Zucchini

Potato

Broccoli

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67. What food doesn't belong to this food group? (answer is bolded)

Chocolate milk

Cheese

Soy Milk

**Apple**

Yogurt

68. What food doesn't belong to this food group? (answer is bolded)

Whole grain bread

Rice

Spaghetti

**Cherries**

Bagel

69. What food doesn't belong to this food group? (answer is bolded)

Noodles

Crackers

**Onion**

Macaroni

Cous cous

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70. Your heart is a muscle (answer is bolded)

**True**

False

71. Exercise makes your heart stronger (answer is bolded)

**True**

False

72. The main function of the heart is to pump blood to your body (answer is bolded)

**True**

False

73. You have muscles that move even when you don't think to tell them to (answer is bolded)

**True**

False

### SOURCES

<http://nutrition.about.com/library/blnutritionquiz.htm>

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