

Nutrition Quiz

This week on Food Dudes Fun at Home we are learning all about Nutrition and the Food Pyramid. This quiz can be printed out or completed in copy books. Make sure you watch our Food Dudes video on the Food Pyramid for some clues!

Quiz Answers:

Q1. Tomatoes

Q2. Vitamin C

BONUS Q: Scurvy

Q3. Vitamin A

Q4. Dark Green

BONUS Q: B Group Vitamin

Q5. Fibre, Fibre is important for healthy bowel function/ gut function/ healthy tummy/ gut bacteria etc.

BONUS Q: Fibre helps us have a healthy gut because we don't digest it.

Q6. Three foods that fibre is found in: wholegrain bread, pasta, rice, oats, porridge, cereals made with wheat and bran, nuts and seeds and legumes.

Q7. Yoghurt, milk, cheese, eggs

Q7b: Three portions of dairy per day (upto 5 for certain age groups)

Q8. Tuna, walnuts, salmon

Q8b: The fourth shelf is the 'protein shelf'. Foods found here include salmon, chicken and nuts

Q9. Yoghurts, cheese and crackers, a handful of nuts and seeds, fruit, vegetables, carrots or cucumber or celery and hummus, popcorn.

Q10. Grilling, baking, steaming, boiling (NOT: frying, deep frying)

Q11. Fruit and Vegetables

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Name _____

Q1. Name one fruit or vegetable that we can get the antioxidant lycopene from?

Answer: _____

Q2. What vitamin is found in citrus fruits (lemons, limes, oranges)

Answer: _____

Bonus Question: What disease is caused if we don't get enough of this vitamin?

Answer: _____

Q3. What vitamin is found in carrots that is responsible for healthy eyes and good eyesight?

Answer: _____

Q4. What colour vegetables is folate commonly found in?

Answer: _____

Bonus Question: Is Folate an A/B/C/D/E or K group Vitamin?

Answer: _____

Q5. What type of carbohydrate is found in the skin of fruit and vegetables?

And what is this nutrient important for?

Answer: _____

Answer: _____

Bonus Question: Why is this nutrient important for a healthy tummy?

Answer: _____

Q6: If you got the answer to Q5 correct, now list out 3 other foods that _____ is found in?

1. _____

2. _____

3. _____

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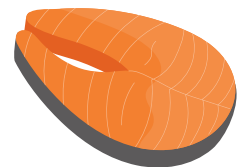
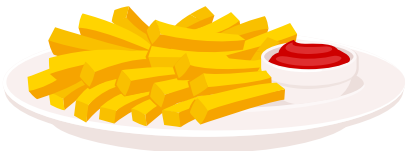
Q7. Dairy foods contain important nutrients for healthy bones and teeth and provide a source of protein for our muscles. Name three types of dairy foods

1. _____
2. _____
3. _____

Q7b. According to the Food Pyramid , how many portions of dairy should we include in our daily diet?

Answer: _____

Q8: Omega 3 fatty acids are important for healthy brain function and many other things. Draw a circle around the foods that contain these important fats.



Q8b. List the foods from the items shown above that are found on the 4th shelf of the Food Pyramid.
Hint: We need two servings per day

Answer: _____

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Q9: Snacks are a great way to keep us energised between meals and before or after exercising. Write 3 examples of healthy snacks:

1. _____
2. _____
3. _____

Q10: The way we cook our food is important as some methods are healthier and contain less fat than others. Name three methods of cooking that are heart healthy.

1. _____
2. _____
3. _____

Q11: According to the Food Pyramid, which foods should we eat the most of?

Answer: _____

