

NUTRITION TO GROW ON

Name: _____ Date: _____

Teacher: _____

- Which part of the plant are we eating when we eat spinach?
 - the leaves
 - the flowers
 - the seeds
 - the roots
- Which of these foods is an example of a flower that we eat?
 - carrot
 - broccoli
 - celery
 - mango
- Which of the following nutrients provides our bodies with energy?
 - protein
 - minerals
 - water
 - vitamins
- Our bodies need calcium to...
 - keep our blood healthy
 - keep us from catching a cold
 - help our bones and teeth grow and stay strong
 - help us see in the dark
- One serving of fruit looks like the size of a...
 - ping-pong ball
 - child's fist
 - mixing bowl
 - computer
- Imagine putting one cup of salad on a plate. If you did this, your salad would look about the same size as:
 - two ping-pong balls
 - a baseball
 - a deck of cards
 - a soccer ball
- If you eat one medium apple for lunch, how many servings of fruit are you eating?
 - a half a serving
 - one serving
 - two servings
 - three servings
- What do "calories" measure?
 - the time that it takes to eat lunch
 - the length of a hot dog
 - the energy that food gives our bodies
 - the weight of a slice of pizza
- What kind of exercise am I doing when I pick up a heavy shovel while working in the garden?
 - a mental exercise
 - an anaerobic exercise
 - an aerobic exercise
 - It is not any type of exercise at all
- If you measure your pulse, you will find out:
 - how many times your heart beats in one minute.
 - What color your shoes are.
 - how much water you had with lunch
 - how much you weigh

11. Which of the following is a type of aerobic exercise?

- a. stretching
- b. lifting weights
- c. running
- d. doing push-ups

12. What might a company do to get you to buy their food?

- a. tell you that the food tastes bad
- b. have the food cost a lot of money
- c. give you a free toy when you buy the food
- d. make the food smell funny

13. Which of the following is an example of being physically active?

- a. taking a nap
- b. riding a bike
- c. watching TV
- d. riding in a car

14. Which is a healthy goal?

- a. eat a variety of fruits and vegetables
- b. be physically active for at least 30 minutes
- c. drink water instead of soda
- d. all of the above

15. Which of the following is a low-fat healthy snack?

- a. chocolate chip cookies
- b. french fries
- c. pretzels
- d. a candy bar

16. A smoothie has strawberries, yogurt, and orange juice. How many food groups does this snack have?

- a. 1
- b. 2
- c. 3
- d. 4

17. When making your own snacks at home, what are some good rules to remember?

- a. wash hands before starting
- b. handle hot pans and sharp knives carefully
- c. keep it healthy!
- d. All of the above

Use this information to answer questions 18, 19 & 20 below.

For lunch, a young student ate:

- 2 slices of whole wheat bread
- 2 tbsp. of peanut butter
- $\frac{1}{2}$ cup sliced banana
- $\frac{1}{2}$ cup carrot sticks
- 1 cup of chocolate pudding
- 1 cup of milk

18. How many different food groups did this student eat from during lunch?

- a. 1 food group
- b. 3 food groups
- c. 5 food groups
- d. 8 food groups

19. How many more servings of the grain group will this student need to eat to meet the minimum amount recommended?

- a. 2 serving
- b. 4 servings
- c. 6 servings
- d. 9 servings

20. How many servings of fruit did this student eat for lunch?

- a. $\frac{1}{2}$ a servings
- b. 1 serving
- c. $1 \frac{1}{2}$ servings
- d. 2 servings