For a distribution of quiz scores where the quiz was very easy, we would expect the scores to be skewed to the left, with most students scoring high. This means that the histogram should show a high frequency of scores at the upper end with a tail extending towards the lower scores.

Looking at the histograms:

- Histogram I shows a normal distribution, which doesn't reflect an easy quiz.

- Histogram II shows a skew to the right, which indicates many low scores.

- Histogram III shows a skew to the left, with most scores being high.

- Histogram IV shows a uniform distribution, which doesn't align with an easy quiz pattern.

Therefore, the correct answer is (C) Histogram III.