

Name _____ Date _____

Instructions: Read each question carefully and choose the best answer.

1. What is a **nutrient**?

- Ⓐ a substance your body needs to stay alive and healthy
- Ⓑ a diet balanced with the right combination of foods
- Ⓒ a disease caused by too much sugar in your blood
- Ⓓ a substance that helps your brain send signals

2. Which would be the best choice for carbohydrates?

- Ⓐ chocolate cupcakes
- Ⓑ apple
- Ⓒ Snickers bar
- Ⓓ mashed potatoes

3. Which of the following is high in protein?

- Ⓐ meat
- Ⓑ eggs
- Ⓒ nuts
- Ⓓ all of the above

4. Why do people take supplements?

- Ⓐ so they don't have to eat a healthy diet
- Ⓑ to get their daily supply of carbohydrates
- Ⓒ so they don't have to drink eight glasses of water a day
- Ⓓ to get all the vitamins and minerals they need

5. A **calorie** is _____.

- Ⓐ a kind of protein
- Ⓑ a bit of energy you get from food
- Ⓒ a type of fat you eat each day that is good for you
- Ⓓ a substance that helps your body build muscle

Quick Check continued on following page

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6. What is a rule to follow to eat wisely?
 - Ⓐ Eat lots of colorful vegetables and fruits.
 - Ⓑ Know which foods you enjoy from each food group.
 - Ⓒ Snack foods from a box or bag are likely not healthy.
 - Ⓓ All of the above
7. What would you likely find on a nutrition facts chart?
 - Ⓐ how many calories are in a serving
 - Ⓑ where you could get missing minerals
 - Ⓒ what you need to eat with this item
 - Ⓓ all of the above
8. What message do you think the author of this book would like you to understand?
 - Ⓐ People should avoid all fats.
 - Ⓑ People can get good carbohydrates from all foods.
 - Ⓒ People need to eat a varied diet to stay healthy.
 - Ⓓ People in prehistoric times ate nuts and seeds for snacks.
9. Which carbohydrates are stressful to your body?
 - Ⓐ candies
 - Ⓑ whole grains
 - Ⓒ vegetables
 - Ⓓ none of the above
10. A good way to keep from getting overweight is to _____.
 - Ⓐ take vitamins
 - Ⓑ eat no protein
 - Ⓒ exercise every day
 - Ⓓ watch TV two hours a day
11. **Extended Response:** What is one way, based on information from this book, for you to eat a healthier diet?
12. **Extended Response:** Explain why proteins are important to your body.

Quick Check Answer Sheet

An Apple a Day

Main Comprehension Skill: Main Idea and Details

1. Ⓐ Vocabulary
2. Ⓑ Make Inferences / Draw Conclusions
3. Ⓓ Main Idea and Details
4. Ⓓ Cause and Effect
5. Ⓑ Vocabulary
6. Ⓓ Main Idea and Details
7. Ⓐ Main Idea and Details
8. Ⓒ Author's Purpose
9. Ⓐ Main Idea and Details
10. Ⓒ Cause and Effect
11. Possible answers include the following: *make sure to eat a balanced diet; pay attention to labels on foods; become aware of good and bad foods; talk to parents, teachers, coaches about ideas for snacks; and so on.*
12. Proteins build and repair cells and are important for building strong muscles.