

Food & Nutrition Quiz Questions for K-4th Grade

Fact: Our bodies can remember some taste experiences

Q1: Can your body remember some taste experiences?

Choices: Yes, No – **ANSWER: Yes**

Q2: Do we always forget what food tastes like?

Choices: Yes, No – **ANSWER: No**

Q3: Which of these is true?

Choices: Our body remembers some tastes, Our body forgets all tastes – **ANSWER: Our body remembers some tastes**

Fact: Frozen Foods hold just as much nutrients as fresh foods do

Q1: Do frozen foods hold more or less nutrients than fresh foods?

Choices: More, Less, Both hold the same– **ANSWER: Both hold the same**

Q2: Are Fresh Foods more nutritious than frozen foods?

Choices: Yes, No – **ANSWER: No**

Q3: What is more nutritious?

Choices: Frozen Foods, Fresh Foods, Both are the same – **ANSWER: Both are the same**

Fact: Cottage Cheese is a great source of protein, calcium, and amino acids

Q1: Is cottage cheese a good source of protein?

Choices: Yes, No – **ANSWER: Yes**

Q2: What nutrients are in cottage cheese?

Choices: Protein, Calcium, Amino Acids, All of the above – **ANSWER: All of them**

Q3: Which food has protein and calcium?

Choices: Candy, Cottage Cheese, Soda – **ANSWER: Cottage Cheese**

Fact: Strawberries and raspberries are antioxidant-rich cancer fighters

Q1: Are strawberries and raspberries good for your body?

Choices: Yes, No – **ANSWER: Yes**

Q2: Which of the following can help fight cancer?

Choices: Strawberries and Raspberries, Chocolate Chips, Marshmallows – **ANSWER:**

Strawberries and Raspberries

Q3: What makes strawberries and raspberries healthy?

Choices: Antioxidants, Sugar, Food coloring – **ANSWER: Antioxidants**

Fact: Baked potatoes are great at absorbing simple sugars and low in calories

Q1: Are baked potatoes high or low in calories?

Choices: High, Low – **ANSWER: Low**

Q2: Which food is good at absorbing simple sugars?

Choices: Baked Potatoes, Ice Cream, Soda – **ANSWER: Baked Potatoes**

Q3: Are baked potatoes healthy?

Choices: Yes, No – **ANSWER: Yes**

Fact: Tomatoes are made up of four chambers, just like the heart

Q1: How many chambers do tomatoes have?

Choices: 2, 4, 6 – **ANSWER: 4**

Q2: Which fruit has a similar number of chambers (4) like a heart inside?

Choices: Apple, Tomato, Banana – **ANSWER: Tomato**

Q3: Do tomatoes have the same number of chambers as the heart?

Choices: Yes, No – **ANSWER: Yes**

Fact: Protein is the key for cancer patients

Q1: What is important for cancer patients to eat?

Choices: Candy, Protein, Soda – **ANSWER: Protein**

Q2: Is protein good for people with cancer?

Choices: Yes, No – **ANSWER: Yes**

Fact: Any apple is healthy but, the one with the highest antioxidant level is Red Delicious

Q1: Which apple has the most antioxidants?

Choices: Green Apple, Gala Apple, Red Delicious – **ANSWER: Red Delicious**

Q2: Are apples healthy?

Choices: Yes, No – **ANSWER: Yes**

Q3: Which is the healthiest apple?

Choices: Red Delicious, Candy Apple, Caramel Apple – **ANSWER: Red Delicious**

Fact: Pouring water on top of your guacamole will keep it from turning brown

Q1: What keeps guacamole from turning brown?

Choices: Water, Oil, Sugar – **ANSWER: Water**

Q2: What should you put on guacamole to keep it green?

Choices: Water, Sugar – **ANSWER: Water**

Fact: Plant-based milk is much healthier for adults

Q1: Is plant-based milk healthy for adults?

Choices: Yes, No – **ANSWER: Yes**

Q2: Which is better for adults?

Choices: Plant-based milk, Soda, Apple juice – **ANSWER: Plant-based milk**

Fact: Anything that has 'from concentrate' on the label means added sugar

Q1: What does "from concentrate" mean?

Choices: No sugar, Added sugar – **ANSWER: Added sugar**

Q2: Is a drink that is "from concentrate" better or worse than "No concentrate"?

Choices: Better, Worse – **ANSWER: Worse**

Fact: Chicken has a sugar called glucosamine that helps fight inflammation

Q1: What does chicken have that fights inflammation?

Choices: Glucosamine, Salt, Butter – **ANSWER: Glucosamine**

Q2: Is glucosamine found in chicken?

Choices: Yes, No – **ANSWER: Yes**

Fact: Salmon is the number one most consumed fish in America

Q1: What is the most eaten fish in America?

Choices: Tuna, Salmon, Cod – **ANSWER: Salmon**

Q2: Do people eat a lot of salmon in America?

Choices: Yes, No – **ANSWER: Yes**

Fact: Never bring anything up to temperature when cooking, it will dry out the food

Q1: What happens if you cook food too fast?

Choices: It dries out, It tastes better – **ANSWER: It dries out**

Q2: Should you slowly cook food or heat it fast?

Choices: Slowly, Fast – **ANSWER: Slowly**

Fact: Dark cherry juice is a wonderful sleep aid

Q1: What juice helps you sleep?

Choices: Apple Juice, Dark Cherry Juice, Orange Juice – **ANSWER: Dark Cherry Juice**

Q2: Is dark cherry juice good for sleep?

Choices: Yes, No – **ANSWER: Yes**

Fact: Sweet potatoes are one of the world's healthiest foods. They are loaded with vitamins A, C, and potassium

Q1: Which vegetable is one of the world's healthiest foods?

Choices: Sweet Potatoes, French Fries, Donuts – **ANSWER: Sweet Potatoes**

Q2: What vitamins are in sweet potatoes?

Choices: A, C, Potassium – **ANSWER: All of them**

Fact: Cinnamon helps with digestion, can soothe an upset tummy, and helps with nausea

Q1: What spice helps your tummy feel better?

Choices: Cinnamon, Pepper, Salt – **ANSWER: Cinnamon**

Q2: Is cinnamon good for digestion?

Choices: Yes, No – **ANSWER: Yes**

Fact: Squash is a great immune system booster

Q1: What food helps your immune system?

Choices: Candy, Squash, Cake – **ANSWER: Squash**

Q2: Does squash help keep you healthy?

Choices: Yes, No – **ANSWER: Yes**

Fact: Black olives can help in fighting heart disease and high cholesterol

Q1: What food helps with heart health?

Choices: Black Olives, Chips, Ice Cream – **ANSWER: Black Olives**

Q2: Are black olives good for your heart?

Choices: Yes, No – **ANSWER: Yes**

Fact: Mustard is a super food because of mustard seeds and turmeric

Q1: What gives mustard its yellow color?

Choices: Turmeric, Cheese, Lemon – **ANSWER: Turmeric**

Q2: What part of mustard helps fight disease?

Choices: Mustard Seeds, Sugar, Butter – **ANSWER: Mustard Seeds**

Q3: Is mustard a super food?

Choices: Yes, No – **ANSWER: Yes**

Fact: Lamb is one of the leanest proteins and should be cooked medium

Q1: How should lamb be cooked?

Choices: Medium, Well Done, Raw – **ANSWER: Medium**

Q2: Is lamb a lean protein?

Choices: Yes, No – **ANSWER: Yes**

Fact: Red grapes hang on the vine like the heart hangs in the chest

Q1: Which fruit hangs like your heart?

Choices: Red Grapes, Apples, Peaches – **ANSWER: Red Grapes**

Q2: Are red grapes good for your heart?

Choices: Yes, No – **ANSWER: Yes**

Fact: Mushrooms are loaded with vitamin D and fight disease

Q1: What vitamin do mushrooms have?

Choices: Vitamin A, Vitamin D, Vitamin C – **ANSWER: Vitamin D**

Q2: Are mushrooms good for your body?

Choices: Yes, No – **ANSWER: Yes**

Fact: Cook pork to medium so it doesn't dry out

Q1: How should pork be cooked?

Choices: Medium, Burnt, Rare – **ANSWER: Medium**

Fact: Nitrates are a no-no when fighting cancer

Q1: What should you avoid when fighting cancer?

Choices: Nitrates, Apples, Water – **ANSWER: Nitrates**

Fact: Watermelon, cantaloupe, and honeydew are low calorie and high in vitamin C

Q1: Which fruit is low in calories and gives you energy?

Choices: Watermelon, Cake, Cookies – **ANSWER: Watermelon**

Q2: Which fruit has vitamin C?

Choices: Cantaloupe, Ice Cream, Chips – **ANSWER: Cantaloupe**

Fact: Wild rice helps with digestion

Q1: What helps with digestion?

Choices: Wild Rice, Candy, Soda – **ANSWER: Wild Rice**

Fact: Plums are full of vitamin A for eyes and skin

Q1: What fruit helps your eyes and skin?

Choices: Plums, Donuts, Cheese – **ANSWER: Plums**

Fact: Cook grass-fed meat slow and low

Q1: How should you cook grass-fed meat?

Choices: Fast and hot, Slow and low – **ANSWER: Slow and low**

Fact: Ginger helps with digestion and nausea

Q1: What spice helps with nausea?

Choices: Ginger, Cinnamon, Salt – **ANSWER: Ginger**

Fact: Heat helps digestion and metabolism

Q1: What helps your body digest food better?

Choices: Heat, Cold – **ANSWER: Heat**

Fact: Lemon pepper helps with blood flow

Q1: What spice helps your blood flow?

Choices: Lemon Pepper, Sugar, Cinnamon – **ANSWER: Lemon Pepper**

Fact: Dried basil helps protect cells and fight bacteria

Q1: What herb protects your cells?

Choices: Dried Basil, Lettuce, Parsley – **ANSWER: Dried Basil**

Fact: Garlic reduces heart disease

Q1: What food helps your heart stay healthy?

Choices: Garlic, Chocolate, Soda – **ANSWER: Garlic**

Fact: Bananas help the body absorb calcium and are low in sodium

Q1: What fruit helps your bones grow strong?

Choices: Bananas, Chips, Soda – **ANSWER: Bananas**

Fact: Eggs are full of protein and vitamins

Q1: What's a good breakfast food?

Choices: Eggs, Candy, Cookies – **ANSWER: Eggs**

Fact: Omega-3 in cod lowers risk of Alzheimer's and heart disease

Q1: What fish has Omega-3?

Choices: Cod, Tuna, Salmon – **ANSWER: Cod**

Fact: Onions look like body cells and clean waste

Q1: What vegetable looks like our cells?

Choices: Onion, Tomato, Carrot – **ANSWER: Onion**

Fact: Eat 2 servings of fish a week (American Heart Association)

Q1: How many servings of fish should you eat a week?

Choices: 1, 2, 5 – **ANSWER: 2**

Fact: Celery has 23 trace minerals like bones

Q1: What vegetable helps your bones?

Choices: Celery, Broccoli, Pickles – **ANSWER: Celery**

Fact: Penicillin came from mushroom fungus

Q1: What medicine came from mushrooms?

Choices: Penicillin, Tylenol, Aspirin – **ANSWER: Penicillin**

Fact: Cucumbers are 95% water

Q1: What food helps keep you hydrated?

Choices: Cucumbers, Bread, Chips – **ANSWER: Cucumbers**

Fact: Tomatoes increase in antioxidants when heated

Q1: Do tomatoes get healthier when heated?

Choices: Yes, No – **ANSWER: Yes**

Fact: Eat like the rainbow!

Q1: Why should you eat different colors?

Choices: To get different vitamins, To make your plate pretty – **ANSWER: To get different vitamins**