

Bea's Brilliant Nutrition Buzz Quiz

Learning objective: To identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.

Join Bea the honeybee on her journey through the food groups! Read each question carefully and circle or write down the correct answer. Good luck!

Answer Key: 1. A (Nutrition), 2. True, 3. Protein, 4. B (Energy), 5. False, 6. Calcium, 7. C (Water), 8. True, 9. Vitamins, 10. False. Bea reminds us that a balanced plate helps us grow strong and stay healthy!

Word bank: nutrition · protein · carbohydrates · vitamins · minerals · calcium · energy · fats

1. 1. What is the name for the substances in food that help our bodies grow and stay healthy? A) Nutrition* B) Decoration C) Photosynthesis D) Digestion (1 mark)

2. 2. True or False: Humans can make their own food inside their bodies like plants do. (1 mark)

3. 3. Which food group helps our bodies to grow and repair damaged muscles? (One word answer) (1 mark)

4. 4. What do carbohydrates provide for our bodies? A) Nothing B) Energy* C) Fur D) Scales (1 mark)

5. 5. True or False: Eating only one type of food is the best way to get all the nutrition you need. (1 mark)

6. 6. Which mineral is very important for keeping our bones and teeth strong? (1 mark)

7. 7. Which of these is essential for life, even though it is not a food? A) Fizzy drink B) Hot chocolate C) Water* D) Fruit juice (1 mark)

8. 8. True or False: Fruits and vegetables are excellent sources of vitamins. (1 mark)

9. 9. What do we call the tiny substances that help our bodies function properly and prevent us from getting ill? (1 mark)

10. 10. True or False: A balanced diet means eating exactly £10 worth of food every single day. (1 mark)

Draw: Draw a healthy, balanced dinner plate including a portion of protein, some carbohydrates, and plenty of colourful vegetables.



Extension challenge: Imagine you are a chef. Design a healthy menu for a school lunch that includes at least one item from each of the main food groups. Explain why your menu is nutritious.