

## Nova's Nutrition Quick Quiz

*Learning objective: To identify that humans and some other animals need to eat the right types of nutrition to stay healthy and grow.*

Hello! I am Nova the owl. I love learning about food. Read each question carefully. Use the word bank at the bottom if you need help. Good luck!

Answer Key: 1. A, 2. True, 3. True, 4. False, 5. Protein, 6. Energy, 7. Vegetables, 8. True, 9. Calcium, 10. Water.

*Word bank: protein · calcium · fruit · energy · healthy · water · vegetables · sugar*

1. 1. Which of these helps us to grow and fix our bodies? A) Protein\* B) Paper C) Rocks D) Sand (1 mark)

2. 2. True or False: We should eat a variety of different foods to stay healthy. (1 mark)

3. 3. True or False: Fruit and vegetables provide us with vitamins. (1 mark)

4. 4. True or False: Eating lots of sweets is the best way to get all your nutrients. (1 mark)

5. 5. Which nutrient is found in meat, beans, and eggs to help us grow? (Write one word) (1 mark)

6. 6. Carbohydrates give our bodies \_\_\_\_\_ to run and play. (Use the word bank) (1 mark)

7. 7. You should try to eat plenty of \_\_\_\_\_ every day to stay strong. (Use the word bank) (1 mark)

8. 8. True or False: Humans need to eat food to survive. (1 mark)

9. 9. Dairy foods like milk and cheese are a good source of \_\_\_\_\_ for our bones. (1 mark)

10. 10. What is the best drink to keep our bodies hydrated? (Use the word bank) (1 mark)

**Draw:** Draw a picture of a healthy dinner plate. Include at least three different colours of food on the plate.



*Extension challenge: Nova wants to know: If you went to the shop with £5, what healthy snacks could you buy? Write down a list of three healthy items.*