

# Nova's Amazing Animal Adventure 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.*

Read each question carefully. Use what you know about healthy eating and skeletons to help Nova the owl complete her scientific research!

Answer Key: 1. A (Nutrition), 2. False (They need a balanced diet), 3. Skeleton, 4. B (Herbivore), 5. True, 6. Calcium, 7. C (Omnivore), 8. True, 9. Protein, 10. B (To support their body).

*Word bank: nutrition · skeleton · herbivore · carnivore · omnivore · calcium · protein · energy*

**1. 1. What do we call the process of providing or obtaining the food necessary for health and growth? A) Nutrition\* B) Digestion C) Breathing D) Sleeping (1 mark)**

**2. 2. True or False: Humans can make their own food inside their bodies using sunlight like a plant. (1 mark)**

**3. 3. What is the name of the hard structure made of bones that supports an animal's body? (1 mark)**

**4. 4. An animal that only eats plants is called a: A) Carnivore B) Herbivore\* C) Omnivore D) Predator (1 mark)**

**5. 5. True or False: Humans are omnivores because we eat both plants and meat. (1 mark)**

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

**7. 7. An animal that eats both plants and other animals is a: A) Producer B) Herbivore C) Omnivore\* D) Carnivore (1 mark)**

**8. 8. True or False: Skeletons help protect our delicate organs, like our heart and lungs. (1 mark)**

**9. 9. Which food group is essential for helping our muscles grow and repairing our body? (1 mark)**

10. 10. Why do animals need a skeleton? A) To help them change colour B) To support and protect their body\* C) To make their own food D) To help them sleep (1 mark)

**Draw:** Draw a healthy meal on a plate that includes a source of protein, some vegetables, and a carbohydrate. Label the different food items.



*Extension challenge: Nova the owl is planning a menu for a forest picnic! Can you list three different foods that would provide a healthy balance of nutrients for a human?*