

Nova's Nutritious Night-Time Quiz

Learning objective: To identify the different food groups, understand the importance of a balanced diet, and explain how nutrients provide energy for the body.

Help Nova the owl sort out her food facts! Read each question carefully and write your answer clearly. Some questions are multiple choice, some are true or false, and others need a quick one-word answer.

Answer Key: 1. B (Carbohydrates), 2. True, 3. Protein, 4. C (Vitamins/Minerals), 5. False, 6. Energy, 7. A (Fiber), 8. True, 9. Calcium, 10. False. (Explanation: A balanced diet includes a variety of food groups in the correct proportions.)

Word bank: protein · carbohydrates · vitamins · minerals · fiber · balanced · energy · nutrients

1. 1. Which food group provides the body with its main source of energy? A) Protein, B) Carbohydrates*, C) Fats, D) Minerals (1 mark)

2. 2. True or False: Eating a variety of foods helps ensure we get all the nutrients our bodies need. (1 mark)

3. 3. Which food group is most important for repairing muscles and helping the body grow? (1 mark)

4. 4. What do we call the substances in food that our bodies use to stay healthy? A) Calories, B) Sugars, C) Nutrients*, D) Junk (1 mark)

5. 5. True or False: All fats are bad for our bodies and we should never eat them. (1 mark)

6. 6. Fill in the blank: We need to eat food to give our bodies the _____ required for daily activities. (1 mark)

7. 7. Which nutrient is essential for keeping our digestive system moving smoothly? A) Fiber*, B) Sugar, C) Salt, D) Air (1 mark)

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

9. 9. Dairy products like milk and cheese are rich in which mineral, essential for strong bones? (1 mark)

10. 10. True or False: You only need to eat one type of food group to be healthy. (1 mark)

Draw: Draw a balanced meal on a plate that includes at least one item from the _____ carbohydrates, protein, and fruit/vegetable groups. Label the different items on your plate.



Extension challenge: Imagine you are a chef. Design a healthy menu for a school dinner that costs no more than £2.50 per child. List the main ingredients and explain why your meal is nutritionally balanced.