Nova’s Nutritious Night-Time Quiz

Learning objective: To identify the main food groups and understand how a balanced diet provides nutrients for the human body.

Join Nova the owl as she flies through the forest! Read each question carefully and circle the best answer. Remember, a balanced diet helps your body grow and stay strong.

Answer Key: 1.C, 2.True, 3.Protein, 4.B, 5.False, 6.Energy, 7.A, 8.True, 9.Calcium, 10.B. Nutrition is the process of providing or obtaining the food necessary for health and growth. A balanced diet includes the right proportions of nutrients to keep our bodies functioning correctly.

Word bank: carbohydrates · protein · vitamins · minerals · fats · fibre · water

1. Which nutrient is primarily responsible for helping the body grow and repair damaged tissues? A) Fibre B) Water C) Protein* D) Carbohydrates (1 mark)

2. True or False: Carbohydrates are the body's main source of energy. (1 mark)

3. What is the name of the nutrient group that includes foods like chicken, beans, and nuts? (1 mark)

4. Which of these is a vital mineral needed for healthy bones? A) Vitamin C B) Calcium* C) Sugar D) Starch (1 mark)

5. True or False: We should eat exactly the same amount of every food group every single day. (1 mark)

6. What do we call the substances in food that our bodies need to function, grow, and repair themselves? (1 mark)

7. Which food group provides the most fibre to help our digestive system? A) Fruits and vegetables* B) Sweets C) Oils D) Fizzy drinks (1 mark)

8. True or False: Drinking water is essential for staying hydrated and regulating body temperature. (1 mark)

9. Which vitamin, often found in citrus fruits, helps keep our immune system healthy? (1 mark)

10. What is the main function of fats in our diet? A) To build teeth B) To provide energy storage* C) To create oxygen D) To stop us from sleeping (1 mark)

Draw: Draw a 'Balanced Plate' featuring a variety of colourful fruits, vegetables, proteins, and carbohydrates that you would choose for a healthy dinner.

Extension challenge: Nova wants to know: If you were shopping for a healthy meal on a budget of £5.00, what items would you buy and why? Explain how your choices provide a balanced set of nutrients.