Bea's Brilliant Nutrition Quiz

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

Join Bea the honeybee on an adventure through the world of food! Read each question carefully and write your answers clearly. Good luck!

Answer Key: 1. A (Nutrition); 2. True; 3. Growth; 4. B (Protein); 5. False; 6. Carbohydrates; 7. C (Water); 8. True; 9. Balanced; 10. Fruits/Vegetables.

Word bank: nutrition · protein · carbohydrates · vitamins · minerals · energy · growth · healthy · balanced · water

1. 1. What do we call the substances in food that help our bodies grow and stay healthy? A) Nutrition* B) Rubbish C) Magic D) Potion (1 mark)

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

3. 3. Which word describes what our bodies do when we get the right nutrition? (Hint: We get taller!) (1 mark)

4. 4. Which food group helps our muscles grow strong? A) Sugary sweets B) Protein* C) Fizzy drinks D) Air (1 mark)

5. 5. True or False: It is healthy to eat only one type of food every single day. (1 mark)

6. 6. Which nutrient provides our bodies with the energy we need to run, jump, and play? (1 mark)

7. 7. What should we drink the most of to keep our bodies hydrated? A) Lemonade B) Milkshake C) Water* D) Cola (1 mark)

8. 8. True or False: Animals need to eat food to get the nutrition they need to survive. (1 mark)

9. 9. A diet that includes a mix of different food groups is called a _____ diet. (1 mark)

10. 10. Name one type of food that is a great source of vitamins. (1 mark)

Draw: Draw a 'Balanced Plate' featuring at least three different healthy food groups (like proteins, carbohydrates, and fruits/vegetables) to show Bea the honeybee what a healthy meal looks like.

Extension challenge: Write a short poem about why it is important to eat your vegetables, just like Leo the lion would!