

Name: \_\_\_\_\_ Grade Level: \_\_\_\_\_

School Name: \_\_\_\_\_ Score: \_\_\_\_\_ / 10

Directions: For each question, place a check mark in the correct box.

- 1 What do carbohydrates do for you?  
 a. Make you tired    b. Give you energy    c. Make you strong    d. All the above
- 2 What does protein do for you?  
 a. Turns food into energy    b. Develops muscles, hair and nails  
 c. Helps you sleep    d. None of the above
- 3 What does fat do for you?  
 a. Acts as reserve energy    b. Keeps your body heat in  
 c. Acts like a cushion to protect you    d. All of the above
- 4 What do vitamins do for you?  
 a. Help with bone growth    b. Turn food into energy  
 c. Help you see better in the dark    d. Both A and C are correct
- 5 What do minerals do for you?  
 a. Give you energy    b. Turn food into energy  
 c. Make you feel good    d. All of the above
- 6 What does water do for you?  
 a. Moves the nutrients into your cells    b. Removes waste from your cells  
 c. Makes you sweat    d. Both A and B are correct
- 7 What nutrient turns food into energy?  
 a. Water    b. Fat    c. Minerals    d. Vitamins
- 8 Which of the following **carbohydrates** does not give you energy?  
 a. Sugar    b. Fiber  
 c. Starch    d. Both A and B are correct
- 9 Which food item is mostly made up of protein and fat?  
 a. Spaghetti    b. Ice Cream    c. Chicken    d. Oatmeal
- 10 Which of the following are three different types of carbohydrates?  
 a. Fiber, protein starch    b. Fiber, sugar, sucrose  
 c. Fiber, starch, sugar    d. Fiber, starch, pasta