

Quiz: The Food Groups (CA)

QUESTIONS:

1. **True or False:** Food gives our body ENERGY and Nutrients.

2. We should try to make most of the foods we eat _____.
- a) Foods full of nutrients
 - b) Foods with less nutrients

3. How many food groups are there? List the food groups.

4. What part of the body do **proteins** help to BUILD?

5. **True or False:** Fruits and vegetables give us vitamins and minerals.

6. **True or False:** Whole grains often have less nutrients than other grains.

ANSWERS:

1. True
2. a) Foods full of nutrients
3. **Three**; Whole Grains, Proteins, and Fruits and Vegetables
4. Muscles and Bones!
5. True
6. **False**, whole grains often have MORE nutrients than other grains.