

Quiz: The Food Groups (CA)

QUESTIONS:

1. **True or False:** Food supports our bodies by providing them with nutrients to grow.

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

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

4. Which food group has foods **higher** in iron, calcium, and vitamin B12?
- a) Grains
 - b) Proteins
 - c) Fruits and Vegetables

5. **True or False:** Fruits and vegetables contain antioxidants.

6. **True or False:** Fibre helps the body by aiding with digestion.

7. **True or False:** Vitamins A, C, E can be found in Fruits and Vegetables.

8. After processing a grain, the _____ is left over.
- a) Endosperm
 - b) Germ
 - c) Bran

ANSWERS:

1. True
2. a) Nutrient dense foods
3. **Three;** Whole Grains, Proteins, and Fruits and Vegetables
4. b) Proteins
5. True
6. True
7. True
8. a) Endosperm