

Quiz: The Food Groups (US)

QUESTIONS:

1. **True or False:** Food gives our bodies ENERGY.

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?

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

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

ANSWERS:

1. True
2. a) Foods full of nutrients
3. **Four**; Grains, Proteins, Fruits and Vegetables, and Dairy.
4. Muscles and Bones!
5. True