

# Day One

Senior Classes (5th and 6th Class)

## Nutrition Quiz

The following resource has been designed based on the Food Dudes Week, senior level, day 1 video. This resource links with the SPHE curriculum for 5th and 6th class groups.

### Video Message:

The senior level, day 1 video explains different types of fruit and vegetables and the nutrients that are found in different types.

This activity is linked to the following **curricular area**: SPHE> myself> taking care of my body > food and nutrition

### Key Learning Outcomes:

- ✓ To recognise some of the nutrients that are necessary in a balanced diet and the food products in which they are found.

### Quiz Answers:

Q1. Tomatoes

Q2. Vitamin C

**BONUS Q:** Scurvy

Q3. Vitamin A

Q4. Dark Green

**BONUS Q:** B Group Vitamin

Q5. Fibre, Fibre is important for healthy bowel function/ gut function/ healthy tummy/ gut bacteria etc.

**BONUS Q:** Fibre helps us have a healthy gut because we don't digest it.

Q6. Three foods that fibre is found in: wholegrain bread, pasta, rice, oats, porridge, cereals made with wheat and bran, nuts and seeds and legumes.

Q7. Yoghurt, milk, cheese, eggs

Q8. Tuna, walnuts, salmon

Q9. Yoghurts, cheese and crackers, a handful of nuts and seeds, fruit, vegetables, carrots or cucumber or celery and hummus, popcorn.

Q10. Grilling, baking, steaming, boiling (NOT: frying, deep frying)

# Nutrition Quiz

Name \_\_\_\_\_

**Q1.** Name one fruit or vegetable that we can get the antioxidant lycopene from?

Answer: \_\_\_\_\_

**Q2.** What vitamin is found in citrus fruits (lemons, limes, oranges)

Answer: \_\_\_\_\_

**Bonus Question:** What disease is caused if we don't get enough of this vitamin?

Answer: \_\_\_\_\_

This commonly happened to sailors at sea who had no access to fresh fruit for months on end!

**Q3.** What vitamin is found in carrots that is responsible for healthy eyes and good eyesight?

Answer: \_\_\_\_\_

**Q4.** What colour vegetables is folate commonly found in?

Answer: \_\_\_\_\_

**Bonus Question:** Is Folate an A/B/C/D/E or K group Vitamin?

Answer: \_\_\_\_\_

**Q5.** What type of carbohydrate is found in the skin of fruit and vegetables?

And what is this nutrient important for?

Answer: \_\_\_\_\_

Answer: \_\_\_\_\_

**Bonus Question:** Why is this nutrient important for a healthy tummy?

Answer: \_\_\_\_\_

**Q6:** If you got the answer to Q5 correct, now list out 3 other foods that \_\_\_\_\_ is found in?

1. \_\_\_\_\_

2. \_\_\_\_\_

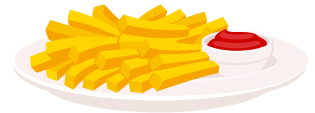
3. \_\_\_\_\_

# Nutrition Quiz

**Q7.** Dairy foods contain important nutrients for healthy bones and teeth and provide a source of protein for our muscles. Name three types of dairy foods

1. \_\_\_\_\_
2. \_\_\_\_\_
- 3.. \_\_\_\_\_

**Q8:** Omega 3 fatty acids are important for healthy brain function and many other things. Draw a circle around the foods that contain these important fats.



**Q9:** Snacks are a great way to keep us energised between meals and before or after exercising. Write 3 examples of healthy snacks:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Q10.** The way we cook our food is important as some methods are healthier and contain less fat than others. Name three methods of cooking that are heart healthy.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Why don't you bring your quiz home and share it with your friends and family and see how many they get right or wrong. Can they beat the Food Dudes nutrition quiz?