

Nutrition for Children Question Sheet

1. Do the choices you make affect your health? Yes/No

2. What does the Bible says not to eat? (Look up Leviticus 11:13-47 and Deut 14:6-9)

3. What is protein? (Circle one)

- a. nutrient b. waste c. micro-nutrient**

4. Which of the following are carbohydrates? (Circle any that apply)

- a. starch b. protein c. fat d. sugar**

5. List 3 fruits

List 3 vegetables:

6. List 3 grains/starches

List 3 protein rich foods:

7. What is your serving size? Draw your fist here.



8. What vitamin does not come directly from plants? _____

9. Where does it come from? _____

10. Name one of the micro-nutrients _____

11. What is our body made mostly of? (Circle one)

- a. carbohydrates b. proteins c. fats

12. What helps to fill us up? (Circle one)

- a. fiber b. starch c. sugar

13. Is there good sugar that does not hurt our immune system? Yes/No

14. Fill in the missing elements in the pyramid.

Calcium rich foods like almonds & sesame seeds. Omega-3 foods like flax seeds. Plus, sunshine for your vit D, 10 minutes or more. You also need 6 to 8 glasses of water per day.

Cookies, desserts, or other high sugar/fat foods. You can make healthy alternatives.

____ Servings

____ Servings

____ Servings

____ Servings

Use this with Info Sheet #IS182536:



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