

A light gray silhouette of a pumpkin with a stem and a small leaf, positioned behind the word 'trivia'.

**trivia**  
**Questions**

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# Nutrition Trivia

## Easy

1. You should you eat fruits and vegetables because
  - A. They contain fiber, which helps keep your digestive system healthy.
  - B. They give you energy.
  - C. They contain vitamins and minerals that help you stay healthy.
  - D. All of the above**
2. Protein is needed to build muscles and help you digest your food. It also serves as a chemical messenger. Most protein comes from the Meat/Poultry/Egg/Fish/Nut group of the Food Guide Pyramid. Which of these foods fits in this food group?
  - A. apple
  - B. milk
  - C. rice
  - D. chicken**
3. More than 250 different kinds of fruit and vegetables are grown in California. However, a few fruits and vegetables require a more tropical environment to grow. Which fruit is not grown very often in California?
  - A. banana**
  - B. plum
  - C. grape
  - D. strawberry
4. One medium-size apple equals one serving of fruit. If you eat half an apple, how many servings of fruit will you have eaten?
  - A. 1/2**
  - B. 3/4
  - C. 1
  - D. 1 1/2

5. Vitamin A is important for good eyesight, helps your body fight infection, and keeps your skin and hair healthy. Which of the following foods have the most vitamin A?
- A. meats
  - B. breads
  - C. deep yellow or orange fruits and vegetables**
  - D. candy
6. If you eat too much fat, you are more likely to gain weight and develop heart disease. Which of these foods contain the least amount of fat?
- A. breads
  - B. fruits
  - C. vegetables
  - D. meats
  - E. B and C**
7. When we eat food, it gives us energy to live and grow. This fruit is dried in the sun to make raisins, grows on a vine, and is a healthy snack. Which fruit is it?
- A. grape**
  - B. orange
  - C. apple
  - D. grapefruit
8. Vitamin C helps your body fight disease by maintaining a strong immune system. Which food has more vitamin C?
- A. milk
  - B. oranges**
  - C. broccoli
  - D. bread
9. You should eat at least five servings of fruits and vegetables each day. At least how many servings should you eat in a week?
- A. 21
  - B. 15
  - C. 48
  - D. 35**

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# Nutrition Trivia

## Medium

1. How many servings should you have from the Meat/Poultry/Egg/Fish/Nut group of the Food Guide Pyramid each day?
  - A. 1–2
  - B. 2–3**
  - C. 3–4
  - D. 5–6
2. Citrus fruits contain citric acid, also known as Vitamin C. Vitamin C is needed to keep the immune system strong. Which of the following is a citrus fruit?
  - A. apple
  - B. banana
  - C. grapefruit**
  - D. cantaloupe
3. People depend on plants for food and eat lots of them in salads. How many cups of raw leafy vegetables equal one serving?
  - A. 1/2
  - B. 3/4
  - C. 1**
  - D. 1 1/2
4. The color of a fruit or vegetable can indicate what kinds of vitamins it is high in. Which of the following foods have the most vitamin A?
  - A. red fruits and vegetables
  - B. green leafy fruits and vegetables**
  - C. purple fruits and vegetables
5. On average, today's youth are eating too much fat. Which of these foods contains the most fat and should be eaten in small amounts?
  - A. bacon**
  - B. orange
  - C. avocado
  - D. tortilla

*Note: Avocados and most tortillas contain fat, but bacon has the most.*

6. Digestion of your food begins in your mouth when you chew your food and expose it to saliva. It then travels through the rest of your digestive tract. Fiber is needed to keep your digestive tract healthy. Which of these foods will provide the most fiber per serving?

**A. fresh fruits and vegetables**

B. cheese

C. chicken

D. orange juice

*Note: When fruits and vegetables are made into juice (not smoothies, where the whole fruit is used), you lose the fiber.*

7. Calcium is needed to keep bones strong. Which vegetable contains a significant amount of calcium?

A. squash

B. sweet potato

**C. broccoli**

D. green onion

8. What is one important thing protein does for the body?

A. helps make bones strong

B. keeps us from getting cold

**C. helps build muscles**

*Note: Protein plays a small part in bone development and is important for overall body health.*

9. Which food contains the most calcium, a mineral which is needed for strong bones and teeth?

A. broccoli

**B. milk**

C. tortilla

D. chicken

*Note: Although broccoli contains calcium, milk has more calcium per serving.*

10. Which is not a section in the supermarket?

A. produce

B. meats

**C. hamburger**

D. frozen foods

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# Nutrition Trivia

## Difficult

1. What nutrient do you get from the Meat/Poultry/Egg/Fish/Nut group of the Food Guide Pyramid?
    - A. calcium
    - B. sugar
    - C. protein**
    - D. vitamin A
  2. How many cup(s) of 100% juice equals one serving of fruit?
    - A. 2
    - B. 1
    - C. 3/4**
    - D. 1/2
  3. Vitamin A is made of the elements lutien and indoles. In which food would you find the most vitamin A?
    - A. spinach**
    - B. grapes
    - C. bananas
    - D. lettuce
- Note: Vitamin A is found in all dark green leafy vegetables, such as spinach, collards, and turnips.*
4. Eating too much fat can cause heart disease in people of all ages. Which type of milk contains the least amount of fat?
    - A. whole
    - B. skim**
    - C. 2%
    - D. 1%
  5. Cruciferous vegetables are high in phytochemicals, which keep your body from transforming normal cells into cancerous cells. Which of these is a cruciferous vegetable?
    - A. broccoli**
    - B. carrots
    - C. spinach
    - D. tomato

*Note: Cruciferous vegetables are vegetables in the cabbage family, so named because their blooms are in the shape of a cross, or crucifix. Examples include cabbage, bok choy, cauliflower.*

6. Fiber is needed to keep your digestive system working properly. It is especially important to the health of your intestines. Which of these foods has the most fiber?
- A. milk
  - B. white bread
  - C. raisins**
  - D. white rice

*Note: Whole grains and beans also contain fiber, and sometimes white breads are fortified with fiber. Encourage students to read nutrition labels for fiber content.*

7. Vitamin D is needed for calcium absorption. In the United States, which foods are fortified with vitamin D?
- A. some breads
  - B. milk**
  - C. some juices
  - D. some fruits

8. Carbohydrates contain the chemical elements carbon, hydrogen, and oxygen. What do carbohydrates do for your body?
- A. help make bones strong
  - B. help build muscles
  - C. supply energy**

9. Yogurt and cheese are made from milk and certain beneficial microorganisms. In which section of the supermarket would you find yogurt?
- A. produce
  - B. meats
  - C. dairy**
  - D. frozen foods

*Note: It may be noted that many mini-marts and some large department stores also carry milk and yogurt in refrigerated cases.*

10. It is important to read the nutrition labels of foods. Of the following foods, which food is most likely to be healthier for you?
- A. yogurt**
  - B. ice cream
  - C. potato chips
  - D. candy

*Note: Some ice creams contain less fat than others, and reading nutrition labels can help consumers make wise food choices.*

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# Fitness Trivia

## Easy

1. Our bodies are made of different elements. What element, whose symbol is Ca, is needed to keep bones healthy and strong?
  - A. *calcium*
  - B. potassium
  - C. magnesium
  - D. zinc
2. On a hot day it is important to drink a lot of \_\_\_\_\_.
  - A. soda
  - B. sports drinks
  - C. *water*
  - D. fruit juice
3. When is aerobic exercise good for your heart?
  - A. sometimes
  - B. only when you get older
  - C. *always*
  - D. never
4. Aerobic exercise is activity that is sustained for more than 20 minutes within your target heart rate.
  - A. *True*
  - B. False
5. Which of the following are examples of an aerobic activity?
  - A. jogging
  - B. swimming
  - C. jumping rope
  - D. *all of the above*

6. Your heart is a major organ in your cardiovascular system that pumps your blood. How many chambers does your heart have?
- A. one
  - B. two
  - C. three
  - D. four**
7. List three activities that would improve cardiovascular health.
- A. swimming
  - B. running
  - C. biking
  - D. all of the above**
8. Cigarettes contain a very addictive drug called \_\_\_\_\_.
- A. tobacco
  - B. nicotine**
  - C. fat
  - D. water
9. Smoking causes
- A. yellow teeth
  - B. bad breath
  - C. coughing
  - D. all of the above**
10. Smoking is the major cause of \_\_\_\_\_.
- A. heart disease
  - B. emphysema, lung disease
  - C. lung cancer
  - D. all of the above**
11. Muscles come in many shapes and sizes. Normally, you think of muscles that help you walk and talk. But you have unique muscles such as your heart and your stomach. Knowing this, how many muscles does the human body have?
- A. 200 muscles
  - B. 300 muscles
  - C. 550 muscles
  - D. more than 600 muscles**

12. Cigarettes contain more than 43 cancer-causing chemicals.
- A. True**
  - B. False
13. The heart is a muscle that pumps blood. The average heart beats:
- A. 10,000 times a day
  - B. 50,000 times a day
  - C. 100,000 times a day**
  - D. 1 million times a day
14. Cholesterol is a fatty substance that clogs the arteries.
- A. True**
  - B. False
15. Children in the United States are more fit today than children were 10 years ago.
- A. True
  - B. False**
16. You should exercise at least
- A. 30–60 minutes four to six days per week**
  - B. 30–60 minutes three days per week
  - C. 20 minutes four days per week
  - D. 40 minutes three days per week
17. It is good to eat a Snickers bar for quick healthy energy.
- A. True
  - B. False**
18. It is all right to skip breakfast if you are in a hurry.
- A. True
  - B. False**
19. If you are flexible, you tend to get more injuries.
- A. True
  - B. False**

20. All young people should be physically active for at least 60 minutes each day. People who exercise regularly
- A. can generally eat more because they use more energy
  - B. should drink more water
  - C. have healthy and strong muscles
  - D. all of the above***

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# Fitness Trivia

## Intermediate

1. Only grown-ups need to exercise to stay healthy.
  - A. True
  - B. False**

*Why not?*
2. The energy your body needs to allow your muscles to work comes from the food you eat.
  - A. True**
  - B. False
3. Eating non-nutritious food will make you \_\_\_\_\_.
  - A. tired
  - B. overweight
  - C. not perform well
  - D. all of the above**
4. To maintain good health, you should eat healthy foods, drink plenty of water, exercise regularly, and \_\_\_\_\_.
  - A. sleep less
  - B. get plenty of rest**
  - C. sleep only when you're really tired
  - D. drink plenty of sports drinks
5. The blood returning to the heart from your legs is
  - A. low in carbon dioxide
  - B. low in oxygen**
  - C. all of the above
  - D. none of the above
6. Which of the following are parts of a health workout routine?
  - A. warm-up
  - B. flexibility and strength training
  - C. cool-down
  - D. all of the above**

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# Fitness Trivia

## Difficult

1. Veins carry blood:
  - A. *toward the heart*
  - B. away from the heart
  - C. around the heart
  - D. none of the above