



Avocado Chocolate Mousse

QUIZ QUESTIONS



Welcome to FuelUp with Teen Battle Chef!

In this class, we'll be making **Avocado Chocolate Mousse**. Most FuelUp recipes include foods from all the major food groups, so students get a balanced, nutritious meal. Test your students' retention of the nutrition information in the video with this quiz. You can use call-and-response or put the quiz into tools like Kahoot to assess students' understanding of the nutritional value of the recipe.

Quiz Questions

1. What type of fat is most abundant in avocados?

- A) Saturated fats
- B) Trans fats
- C) Monounsaturated fats
- D) Artificial fats

Correct answer: C

2. Which benefits are linked to avocados?

(Select ALL that apply)

- A) Support heart health
- B) Provide fiber
- C) Support muscle function through potassium
- D) Increase cholesterol

Correct answers: A, C, D

3. True or False:

Avocados contain more potassium per gram than bananas.

Correct answer: True

4. What is the role of vitamin E found in avocados?

- A) Helps absorb protein
- B) Protects cells from damage
- C) Builds red blood cells
- D) Increases sugar levels

Correct answer: B

5. Why is milk considered a high-quality protein source?

- A) It contains fiber
- B) It contains all essential amino acids
- C) It contains antioxidants
- D) It contains no fat

Correct answer: B

6. Which nutrients are naturally found in milk?

(Select ALL that apply)

- A) Calcium
- B) Vitamin B12
- C) Vitamin C
- D) High-quality protein

Correct answers: A, B, D

7. What is the function of vitamin D in fortified milk?

- A) It improves taste
- B) It reduces sugar
- C) It helps the body absorb calcium
- D) It increases iron levels

Correct answer: C

8. What are flavonoids found in cocoa known for?

- A) Increasing saturated fat
- B) Supporting heart health
- C) Protecting cells from damage
- D) Adding protein

Correct answers: B, C

9. Why is dark chocolate considered more nutritious than milk chocolate?

- A) It contains more fiber from grains
- B) It contains more cocoa and less sugar
- C) It contains more calcium
- D) It contains vitamin B12

Correct answer: B

10. True or False:

The higher the cocoa percentage, the more antioxidants the chocolate usually contains.

Correct answer: True

11. Why is choosing 70%+ dark chocolate often recommended?

- A) It contains more antioxidants
- B) It contains no calories
- C) It contains more protein
- D) It contains less flavor

Correct answer: A

12. How can vanilla help reduce added sugar in recipes?

- A) It increases fat content
- B) It naturally enhances sweetness
- C) It removes carbohydrates
- D) It adds protein

Correct answer: B