



# Banana Chocolate Chip Muffins

## QUIZ QUESTIONS



### Welcome to FuelUp with Teen Battle Chef!

In this class, we'll be making **Banana Chocolate Chip Muffins**. 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. Why are overripe bananas naturally sweeter?

- A) They lose water
- B) Their starch turns into natural sugars
- C) They contain added sugar
- D) They increase in fat

Correct answer: B

### 2. Why is using ripe bananas a good idea?

- A) It increases protein content
- B) It reduces food waste
- C) It removes sugar
- D) It increases fiber

Correct answer: B

### 3. What is potassium in bananas important for?

- A) Muscle function and healthy blood pressure
- B) Increasing cholesterol
- C) Improving eyesight
- D) Adding sweetness

Correct answer: A

**4. What are the main benefits of yogurt?**

- A) High in sugar and fat
- B) Contains fiber and iron
- C) High in protein and probiotics
- D) Contains vitamin C

Correct answer: C

**5. What do probiotics in yogurt help with?**

- A) Building bones
- B) Balancing good and bad bacteria in the gut
- C) Increasing blood sugar
- D) Strengthening hair

Correct answer: B

**6. What is vitamin E in almonds known for?**

- A) Supporting skin health and protecting cells
- B) Increasing saturated fat
- C) Lowering protein levels
- D) Raising blood sugar

Correct answer: A

**7. Why do almonds help keep you full longer?**

- A) They contain water only
- B) They contain caffeine
- C) They contain healthy fats and fiber
- D) They contain vitamin C

Correct answer: C

**8. What type of fat is found in olive oil?**

- A) Trans fat
- B) Saturated fat
- C) Artificial fat
- D) Unsaturated fat

Correct answer: D

**9. Why is olive oil considered heart-friendly?**

- A) It contains fiber
- B) It contains unsaturated fats
- C) It contains sugar
- D) It contains starch

Correct answer: B

**10. What are flavonoids in dark chocolate?**

- A) Artificial sweeteners
- B) Proteins
- C) Antioxidants
- D) Minerals

Correct answer: C

**11. What happens when the cocoa percentage in chocolate increases?**

- A) It contains fewer antioxidants
- B) It contains more antioxidants
- C) It contains more sugar
- D) It contains more protein

Correct answer: B

**12. What is true about unbleached flour?**

- A) It is more processed than bleached flour
- B) It contains no carbohydrates
- C) It is less chemically processed
- D) It contains more sugar

Correct answer: C

**13. Why is vanilla useful in recipes?**

- A) It adds natural sweetness and antioxidants
- B) It increases fat content
- C) It contains fiber
- D) It removes protein

Correct answer: A

**14. What is a benefit of nutmeg?**

- A) High protein content
- B) High calcium content
- C) Contains natural plant compounds with mild antimicrobial properties
- D) High sugar content

Correct answer: C

**15. Why are eggs considered a high-quality protein source?**

- A) They contain fiber
- B) They contain only plant protein
- C) They provide all essential amino acids
- D) They contain vitamin C

Correct answer: C

**16. What important nutrient in eggs supports brain function?**

- A) Iron
- B) Choline
- C) Vitamin C
- D) Fiber

Correct answer: B