



Creamy Fruit Salad

QUIZ QUESTIONS



Welcome to FuelUp with Teen Battle Chef!

In this class, we'll be making **Creamy Fruit Salad**. 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 do the active cultures in yogurt support?

- A) Muscle growth
- B) Gut health
- C) Vision
- D) Hair growth

Correct answer: B

2. Why is vitamin D important when consuming calcium-rich foods like yogurt?

- A) It increases protein content
- B) It improves digestion
- C) It helps the body absorb calcium
- D) It adds more fiber

Correct answer: C

3. Why is it beneficial to eat apples with the skin on?

- A) The skin contains most of the fiber
- B) The skin contains most of the sugar
- C) The skin contains protein
- D) The skin removes calories

Correct answer: A

4. What is special about the structure of apples?

- A) They are mostly protein
- B) They are about 25% air
- C) They contain no water
- D) They are high in fat

Correct answer: B

5. What does vitamin C help with?

(Select ALL that apply)

- A) Supporting the immune system
- B) Helping wounds heal faster
- C) Increasing blood sugar
- D) Strengthening bones directly

Correct answers: A, B

6. What are the benefits of potassium found in bananas?

(Select ALL that apply)

- A) Supports muscle movement
- B) Keeps fluids balanced
- C) Supports healthy blood pressure
- D) Increases cholesterol

Correct answers: A, B, C

7. What makes berries a nutritious choice?

(Select ALL that apply)

- A) High in fiber
- B) High in water
- C) Rich in antioxidants
- D) High in saturated fat

Correct answers: A, B, C

8. Where does cinnamon come from?

- A) A fruit
- B) A root

- C) The bark of a tree
- D) A flower

Correct answer: C

9. What may cinnamon help support?

- A) Blood sugar control
- B) Bone growth
- C) Hair growth
- D) Iron absorption

Correct answer: A

10. Where does vanilla come from?

- A) A nut
- B) A seed
- C) An orchid
- D) A citrus fruit

Correct answer: C

11. Why is vanilla more than just flavor?

- A) It contains fiber
- B) It contains antioxidants
- C) It contains protein
- D) It contains calcium

Correct answer: B