



# Cuban Sandwich

## QUIZ QUESTIONS



### Welcome to FuelUp with Teen Battle Chef!

In this class, we'll be making **Cuban Sandwich**. 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 makes whole grains different from refined white bread?

- A) They contain only the endosperm
- B) They contain all parts of the grain
- C) They contain no carbohydrates
- D) They contain more sugar

Correct answer: B

### 2. Why are whole grains considered healthier?

(Select ALL that apply)

- A) They contain more fiber
- B) They contain more vitamins and minerals
- C) They help maintain stable blood sugar
- D) They contain no calories

Correct answers: A, B, C

### 3. Whole grains are linked to which health benefits?

(Select ALL that apply)

- A) Better heart health
- B) Reduced risk of lifestyle diseases
- C) Increased cholesterol
- D) Higher blood sugar spikes

Correct answers: A, B

**4. What nutrients does cheese provide?**

(Select ALL that apply)

- A) Calcium
- B) Protein
- C) Vitamin A
- D) Vitamin B12
- E) Fiber

Correct answers: A, B, C, D

**5. What does vitamin B12 in cheese support?**

- A) Hair growth
- B) Nerve function and red blood cell production
- C) Fiber digestion
- D) Vitamin C absorption

Correct answer: B

**6. Butter contains which type of vitamins?**

- A) Water-soluble vitamins
- B) Fat-soluble vitamins
- C) Only vitamin C
- D) Only iron

Correct answer: B

**7. Why should butter be consumed in moderation?**

- A) It contains fiber
- B) It is high in saturated fat
- C) It contains too much protein
- D) It contains no vitamins

Correct answer: B

**8. Which vitamins are fat-soluble?**

(Select ALL that apply)

- A) Vitamin A
- B) Vitamin D
- C) Vitamin E
- D) Vitamin K
- E) Vitamin C

Correct answers: A, B, C, D

**9. Why is ham considered a good protein source?**

- A) It contains fiber
- B) It helps build and maintain muscle mass
- C) It contains vitamin C
- D) It contains omega-3 from plants

Correct answer: B

**10. Which nutrients are found in meat?**

(Select ALL that apply)

- A) Vitamin B12
- B) Other B vitamins
- C) Iron
- D) Vitamin C

Correct answers: A, B, C

**11. What is the role of iron in the body?**

- A) Helps transport oxygen in the blood
- B) Improves eyesight
- C) Lowers cholesterol
- D) Increases calcium absorption

Correct answer: A

**12. What is vitamin K important for?**

- A) Muscle growth
- B) Bone health and blood clotting
- C) Digestion
- D) Energy production

Correct answer: B

**13. What is true about fermented pickles?**

- A) They may contain beneficial bacteria
- B) They are high in sugar
- C) They contain large amounts of fat
- D) They contain protein

Correct answer: A

**14. Why can mustard be a healthy flavor addition?**

(Select ALL that apply)

- A) It contains antioxidant plant compounds
- B) It adds strong flavor with few calories
- C) It reduces the need for extra salt or sugar
- D) It is high in saturated fat

Correct answers: A, B, C