



Eggie Cupcakes

QUIZ QUESTIONS



Welcome to FuelUp with Teen Battle Chef!

In this class, we'll be making **Eggie Cupcakes**. 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 for Eggie Cupcakes

1. What makes eggs a nutrient-dense food?

(Select ALL that apply)

- A) High-quality protein
- B) Healthy fats
- C) A wide range of vitamins and minerals
- D) High fiber content

Correct answers: A, B, C

2. What does choline help regulate?

(Select ALL that apply)

- A) Mood
- B) Muscle control
- C) Memory
- D) Blood sugar directly

Correct answers: A, B, C

3. True or False:

Choline is essential for the body but is not classified as a vitamin or mineral.

Correct answer: True

4. Which nutrients in eggs support bone health, nerve function, and antioxidant defense?

- A) Vitamin D, B12, and selenium
- B) Vitamin C and iron
- C) Fiber and magnesium
- D) Vitamin K only

Correct answer: A

5. What gives tomatoes their red or yellow color?

- A) Beta-carotene
- B) Lycopene
- C) Iron
- D) Chlorophyll

Correct answer: B

6. What are the benefits of lycopene?

(Select ALL that apply)

- A) Helps protect cells from damage
- B) Supports heart health
- C) Increases sugar levels
- D) Acts as an antioxidant

Correct answers: A, B, D

7. True or False:

Cooking tomatoes can increase the body's ability to absorb lycopene.

Correct answer: True

8. Why is milk considered beneficial for bone health?

- A) It contains fiber
- B) It contains calcium and vitamin D
- C) It contains vitamin C
- D) It contains iron

Correct answer: B

9. What is a benefit of low-fat milk?

- A) It contains no protein
- B) It provides protein with less saturated fat
- C) It contains more sugar
- D) It has no vitamins

Correct answer: B

10. Why can fortified almond milk be a good option for vegans?

(Select ALL that apply)

- A) It is often fortified with calcium
- B) It is often fortified with vitamin B12
- C) It naturally contains high amounts of B12
- D) It contains fiber from dairy

Correct answers: A, B

11. What does vitamin B12 in cheese help with?

(Select ALL that apply)

- A) Building DNA
- B) Maintaining healthy nerves
- C) Producing healthy blood cells
- D) Improving vision directly

Correct answers: A, B, C

12. What additional nutrients does cheese provide?

- A) Fiber and vitamin C
- B) Protein and calcium
- C) Iron and vitamin K
- D) Omega-3 from plants

Correct answer: B

13. Why is adding vegetables to meals beneficial?

(Select ALL that apply)

- A) Increases fiber
- B) Adds vitamins and minerals
- C) Supports stable blood sugar
- D) Increases saturated fat

Correct answers: A, B, C

14. What is special about dark green vegetables like spinach and broccoli?

- A) They are high in vitamin C only
- B) They are rich in vitamin K
- C) They contain no minerals
- D) They increase cholesterol

Correct answer: B

15. Why are colorful vegetables important?

- A) They taste sweeter
- B) They contain antioxidants
- C) They reduce protein content
- D) They contain trans fats

Correct answer: B