



# Green Smoothie

## QUIZ QUESTIONS



### Welcome to FuelUp with Teen Battle Chef!

In this class, we'll be making **Green Smoothie**. 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. Where is most of the fiber in an apple found?

- A) In the juice
- B) In the seeds
- C) In the skin
- D) In the core

Correct answer: C

### 2. What is one benefit of fiber in apples?

- A) It increases cholesterol
- B) It supports digestion and fullness
- C) It removes vitamins
- D) It raises blood pressure

Correct answer: B

### 3. What do antioxidants in apples help with?

- A) Protecting cells from damage
- B) Increasing sugar levels
- C) Building muscle
- D) Adding protein

Correct answer: A

**4. What mineral in bananas supports muscle function?**

- A) Iron
- B) Calcium
- C) Magnesium
- D) Potassium

Correct answer: D

**5. Why are bananas good in smoothies?**

- A) They contain no carbohydrates
- B) They provide natural sweetness and quick energy
- C) They contain high amounts of fat
- D) They reduce vitamins

Correct answer: B

**6. What vitamin in spinach is important for strong bones and blood clotting?**

- A) Vitamin C
- B) Vitamin K
- C) Vitamin B12
- D) Vitamin D

Correct answer: B

**7. Which vitamins are also found in spinach?**

- A) Vitamins A and C
- B) Vitamins B12 and D
- C) Vitamins E and K only
- D) Vitamin C only

Correct answer: A

**8. Why is spinach considered nutrient-dense?**

- A) It is high in sugar
- B) It is high in saturated fat
- C) It is low in calories but rich in nutrients
- D) It contains no vitamins

Correct answer: C

**9. What makes Greek yogurt filling?**

- A) Its high sugar content
- B) Its fiber content
- C) Its high protein content
- D) Its water content

Correct answer: C

**10. What additional benefits does Greek yogurt provide?**

- A) Iron and vitamin C
- B) Calcium and probiotics
- C) Fiber and omega-3
- D) Vitamin A only

Correct answer: B

**11. What are the benefits of ginger?**

- A) High in calcium
- B) High in fiber
- C) Contains anti-inflammatory compounds
- D) Contains vitamin B12

Correct answer: C

**12. What is true about honey?**

- A) It contains no sugar
- B) It is high in protein
- C) It should be consumed without limits
- D) It is best enjoyed in moderation

Correct answer: D