



Overnight Oats

QUIZ QUESTIONS



Welcome to FuelUp with Teen Battle Chef!

In this class, we'll be making **Overnight Oats**. 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

What type of fiber are oats especially rich in?

- A) Insoluble fiber
- B) Soluble fiber
- C) Artificial fiber
- D) No fiber

Correct answer: B

What are the benefits of soluble fiber in oats?

(Select ALL that apply)

- A) Helps lower cholesterol
- B) Supports healthy digestion
- C) Increases blood sugar quickly
- D) Provides steady energy

Correct answers: A, B, D

3. Why do oats provide long-lasting energy?

- A) They are high in sugar
- B) They contain slow-digesting carbohydrates
- C) They contain caffeine
- D) They contain no carbs

Correct answer: B

4. What key nutrients does milk naturally provide?

- A) Fiber and iron
- B) Protein and calcium
- C) Vitamin C and magnesium
- D) Omega-3 only

Correct answer: B

5. Why is vitamin D important in fortified milk?

- A) It adds sweetness
- B) It helps absorb calcium
- C) It increases fat content
- D) It replaces protein

Correct answer: B

6. Where is most of the fiber in an apple found?

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

Correct answer: C

7. What are antioxidants in apples known for?

- A) Increasing cholesterol
- B) Protecting cells from damage
- C) Raising blood pressure
- D) Adding protein

Correct answer: B

8. What may cinnamon help support?

- A) Bone growth
- B) Healthy blood sugar levels
- C) High cholesterol
- D) Iron absorption

Correct answer: B

9. What properties does nutmeg have?

(Select ALL that apply)

- A) Antioxidant properties
- B) Mild antibacterial properties
- C) High protein content
- D) High fiber content

Correct answers: A, B

10. True or False:

Spices like cinnamon and nutmeg can add flavor without adding sugar.

Correct answer: True

11. What nutrients are chia seeds high in?

(Select ALL that apply)

- A) Fiber
- B) Protein
- C) Omega-3 fatty acids
- D) Vitamin C

Correct answers: A, B, C

12. What happens when chia seeds are soaked?

- A) They lose nutrients
- B) They form a gel that slows digestion
- C) They increase sugar content
- D) They become high in saturated fat

Correct answer: B

13. What are the benefits of ginger?

- A) Anti-inflammatory properties
- B) Digestive benefits

- C) High calcium content
- D) High fiber content

Correct answers: A, B

14. Why is vanilla more than just flavor?

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

Correct answer: A

15. Why are honey and maple syrup often considered better alternatives to white sugar?

(Select ALL that apply)

- A) They contain small amounts of minerals
- B) They contain antioxidants
- C) They are less processed
- D) They contain no sugar

Correct answers: A, B, C