



Vanilla Greek Yogurt Banana Toast

QUIZ QUESTIONS



Welcome to FuelUp with Teen Battle Chef!

In this class, we'll be making **Vanilla Greek Yogurt Banana Toast**. 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

Select ALL that apply.

1. What makes whole wheat bread different from white bread?

- A) It contains the bran
- B) It contains the germ
- C) It only contains the endosperm
- D) It includes all parts of the grain

Correct answers: A, B, D

2. What happens during the refining process of white flour?

- A) The bran and germ are removed
- B) Fiber content increases
- C) Nutrient content decreases
- D) The flour becomes less processed

Correct answers: A, C

3. Why is the bran important?

- A) It is the main source of fiber
- B) It supports digestion

- C) It stabilizes blood sugar
- D) It increases sugar content

Correct answers: A, B, C

4. What nutrients do bananas provide?

- A) Potassium
- B) Vitamin B6
- C) Vitamin C
- D) Vitamin B12

Correct answers: A, B, C

5. Why are bananas a good snack choice?

- A) They provide quick energy
- B) They support digestion
- C) They contain fiber
- D) They contain no carbohydrates

Correct answers: A, B, C

6. Why might dark honey contain more antioxidants than light honey?

- A) It contains more plant compounds
- B) The darker color indicates higher antioxidant content
- C) It contains no sugar
- D) It is always lower in calories

Correct answers: A, B

7. True or False:

Honey is natural, so it can be eaten without limits.

Correct answer: False

Honey still contains natural sugars and should be enjoyed in moderation.

8. What are the benefits of almonds?

- A) They are rich in vitamin E
- B) They contain healthy fats

- C) They support brain health
- D) They contain vitamin C

Correct answers: A, B, C

Which vitamins are fat-soluble?

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

Correct answers: A, B, C, D

10. Why is Greek yogurt considered nutritious?

- A) It is high in protein
- B) It contains probiotics
- C) It contains fiber
- D) It supports muscle maintenance

Correct answers: A, B, D