



Very Berry Pancakes

QUIZ QUESTIONS



Welcome to FuelUp with Teen Battle Chef!

In this class, we'll be making **Very Berry Pancakes**. 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 is the difference between unbleached and bleached flour?

- A) Unbleached flour is more chemically processed
- B) Bleached flour keeps a more natural structure
- C) Unbleached flour is less chemically processed
- D) There is no difference

Correct answer: C

2. What is the main role of carbohydrates found in flour?

- A) Building muscle
- B) Providing energy
- C) Improving vision
- D) Transporting oxygen

Correct answer: B

3. Why are eggs considered a complete protein source?

- A) They contain fiber
- B) They contain all 9 essential amino acids
- C) They contain vitamin C
- D) They contain only plant protein

Correct answer: B

4. What are benefits of the protein in eggs?

(Select ALL that apply)

- A) Supports muscle maintenance
- B) Helps repair tissues
- C) Increases long-lasting fullness
- D) Raises blood sugar

Correct answers: A, B, C

5. Which nutrients are naturally found in eggs?

(Select ALL that apply)

- A) Vitamin B12
- B) Vitamin D
- C) Vitamin A
- D) Fiber
- E) Choline

Correct answers: A, B, C, E

6. What does choline primarily support?

- A) Bone density
- B) Brain function and memory
- C) Hair growth
- D) Iron absorption

Correct answer: B

7. True or False:

Milk proteins contain all essential amino acids.

Correct answer: True

8. Calcium plays an important role in which body functions?

(Select ALL that apply)

- A) Increasing cholesterol
- B) Normal muscle contraction
- C) Proper nerve signaling
- D) Strong bones and teeth

Correct answers: B, C, D

9. Why is vitamin D important in dairy products?

- A) It increases protein content
- B) It helps the body absorb calcium
- C) It adds flavor
- D) It replaces phosphorus

Correct answer: B

10. What is the role of phosphorus in the body?

- A) Works with calcium to maintain bone structure
- B) Provides vitamin C
- C) Increases sugar levels
- D) Improves digestion

Correct answer: A

11. Butter contains which type of vitamins?

- A) Water-soluble vitamins only
- B) Iron
- C) Vitamin C
- D) Fat-soluble vitamins like vitamin A

Correct answer: D

12. Why should butter be consumed in moderation?

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

Correct answer: B

13. What gives blueberries their deep blue color?

- A) Chlorophyll
- B) Lycopene
- C) Anthocyanins
- D) Iron

Correct answer: C

14. What are benefits of blueberries?

(Select ALL that apply)

- A) Provide antioxidants
- B) Contain fiber
- C) Contain trans fats
- D) Provide vitamin C

Correct answers: A, B, D

15. Why are berries a smart addition to recipes?

- A) They increase saturated fat
- B) They add nutrition without much added sugar
- C) They remove protein
- D) They reduce fiber

Correct answer: B