



Zucchini Pita Pizza

QUIZ QUESTIONS



Welcome to FuelUp with Teen Battle Chef!

In this class, we'll be making **Zucchini Ribbon Pita Pizza**. 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

Why are whole grains better than refined grains?

- A) They contain more sugar
- B) They keep you full longer and stabilize blood sugar
- C) They have fewer nutrients
- D) They digest faster

Correct answer: B

Why is adding vegetables to your pizza a healthy choice?

- A) They increase calorie content
- B) They contain unhealthy fats
- C) They add fiber, vitamins, and antioxidants
- D) They remove nutrients

Correct answer: C

What antioxidant in tomatoes supports cell health?

- A) Vitamin C
- B) Lycopene
- C) Iron
- D) Magnesium

Correct answer: B

What important nutrients does cheese provide?

- A) Only fat
- B) Sugar and fiber
- C) Protein and calcium
- D) Vitamin C

Correct answer: C

What type of fat is olive oil rich in?

- A) Trans fats
- B) Saturated fats
- C) Monounsaturated fats
- D) Artificial fats

Correct answer: C

Why does variety in vegetables matter?

- A) It changes the color only
- B) Different colors provide different nutrients
- C) It reduces fiber
- D) It increases sugar

Correct answer: B