

Name \_\_\_\_\_

[LittleExplorers.com](http://LittleExplorers.com) - Nutrition and Diet Quiz

## Find it! in Little Explorers

Use the Little Explorers picture dictionary to answer the following questions.

1. This phrase starts with an "F." It is the name of a diagram that lets you know what the US government recommends that you eat each day. What is it? \_\_\_\_\_
2. This word also starts with an "F." It is the name of a type of food that is good for you. It grows on trees and other plants and usually contains seeds. Many are sweet. What are they? \_\_\_\_\_
3. This type of food starts with a "V." They grow on plants and are rich in vitamins and minerals, but are low in calories. What are they? \_\_\_\_\_
4. This word starts with a "B." It is the name of a meal that you eat in the morning. It gives you the energy to start your day. What is it? \_\_\_\_\_
5. This food starts with a "B." It is a green vegetable that is very good for you. What is it?  
\_\_\_\_\_
6. This food starts with a "B." It is a starchy food that you can use to make sandwiches. What is it? \_\_\_\_\_
7. This food starts with a "B." It is a fatty food made from cream. What is it?  
\_\_\_\_\_
8. This food starts with a "C." It is a sweet food that contains mostly sugar. It is low in nutrition and is bad for your teeth. What is it? \_\_\_\_\_
9. This food starts with a "C." It is a high-protein food that is made from milk. What is it?  
\_\_\_\_\_
10. This food starts with a "C." It is a vegetable that grows underground and is high in vitamins that are good for your eyes and skin. What is it? \_\_\_\_\_
11. This food starts with a "J." It is made by squeezing the liquid from fruits or vegetables. What is it? \_\_\_\_\_

12. Can you name 4 fruits that start with "P"? \_\_\_\_\_  
\_\_\_\_\_

13. This food starts with a "P." It is made from bread dough, tomato sauce and cheese.  
What is it? \_\_\_\_\_

14. This vegetable starts with a "P." It contains many vitamins and minerals. French fries  
are made from it. What is it? \_\_\_\_\_

15. This fruit starts with an "O." It is high in vitamin C and other healthy nutrients. What  
is it? \_\_\_\_\_

16. This food starts with an "N." It is usually made from grains. What is it?  
\_\_\_\_\_

17. This food starts with an "N." It is high in protein and usually high in fats. What is it?  
\_\_\_\_\_

18. This food starts with an "I." It is made from cream and is high in fats and sugar. What  
is it? \_\_\_\_\_

19. This food starts with an "E." It is high in protein. What is it? \_\_\_\_\_

20. This food starts with an "R." It is made by drying grapes. What is it?  
\_\_\_\_\_

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1. food pyramid
2. fruit
3. vegetable
4. breakfast
5. broccoli
6. bread (or bagel)
7. butter
8. candy (or cake or cookies)
9. cheese
10. carrot
11. juice
12. peach, pear, plum, prune
13. pizza
14. potato
15. orange
16. noodles
17. nuts
18. ice cream
19. egg
20. raisin