

Name _____

Eating the Rainbow: The Magical Benefits of a Balanced Diet

Multiple Choice Questions

1. What are the five main food groups in a balanced diet?
 - a) Fruits, vegetables, grains, protein, and dairy
 - b) Fruits, cookies, ice cream, pizza, and soda
 - c) Meat, chocolate, chips, soda, and candy
 - d) All of the above

2. Which food group is an excellent source of carbohydrates, providing energy to your body?
 - a) Fruits
 - b) Vegetables
 - c) Grains
 - d) Protein

3. Why is protein important for your body?
 - a) It helps with digestion
 - b) It provides energy
 - c) It builds and repairs tissues
 - d) It makes your skin glow

4. What does calcium from dairy products help with?
 - a) Strong bones and teeth
 - b) Shiny hair
 - c) Muscle growth
 - d) Healthy skin

5. How can a balanced diet improve your concentration?
 - a) It provides the energy needed for focus
 - b) It makes you taller
 - c) It gives you superpowers
 - d) It doesn't affect concentration

