

Name _____

Energize Your Day: The Magical Connection Between Nutrition and Energy Levels

Multiple Choice Questions

1. What is the primary source of energy for your body?
 - a) Proteins
 - b) Healthy fats
 - c) Carbohydrates
 - d) Vitamins and minerals

2. How do carbohydrates provide energy to the body?
 - a) They build and repair tissues.
 - b) They contain healthy fats.
 - c) They break down into glucose, a source of energy.
 - d) They help the body absorb vitamins.

3. Which nutrient helps transport oxygen to your cells and is important for maintaining energy levels?
 - a) Carbohydrates
 - b) Healthy fats
 - c) Iron
 - d) Proteins

4. Why is hydration important for maintaining energy levels?
 - a) It helps build muscles.
 - b) It provides a source of energy.
 - c) Dehydration can lead to tiredness and decreased alertness.
 - d) It has no impact on energy levels.

5. What is the key to maintaining consistent energy levels, according to the passage?
 - a) Eating only carbohydrates
 - b) Drinking caffeinated beverages
 - c) Consuming sugary snacks and drinks
 - d) Eating a balanced diet with diverse nutrients

