

Name \_\_\_\_\_

## The Fantastic Five: Exploring the Magic of Food Groups for a Healthy Diet

### Multiple Choice Questions

1. What is the role of fruits in a healthy diet?
  - a) Providing energy
  - b) Building strong muscles
  - c) Boosting the immune system
  - d) Strengthening bones
  
2. Which food group is known for being rich in fiber and helping with digestion?
  - a) Vegetables
  - b) Grains
  - c) Protein
  - d) Dairy
  
3. What is the primary role of proteins in the body?
  - a) Providing energy
  - b) Helping with digestion
  - c) Building and repairing tissues
  - d) Strengthening teeth
  
4. Which food group is essential for strong bones and teeth?
  - a) Fruits
  - b) Vegetables
  - c) Grains
  - d) Dairy
  
5. Why is it important to have a balanced diet that includes foods from all five food groups?
  - a) It makes meals taste better
  - b) It provides all the necessary nutrients for good health
  - c) It helps with weight loss
  - d) It's a requirement for adults only

