

Name _____

Nature's Nutrient Treasure Chest: The Role of Fruits and Vegetables in Providing Essential Vitamins and Minerals

Multiple Choice Questions

1. Which vitamin is known for its role in boosting the immune system?
 - a) Vitamin A
 - b) Vitamin B
 - c) Vitamin C
 - d) Vitamin D

2. Which nutrient is essential for regulating blood pressure and supporting heart health?
 - a) Calcium
 - b) Potassium
 - c) Iron
 - d) Magnesium

3. What does fiber primarily contribute to in the body?
 - a) Strong bones
 - b) Healthy skin
 - c) Digestive health
 - d) Muscle growth

4. Which nutrient is vital for maintaining good vision, especially in low-light conditions?
 - a) Vitamin A
 - b) Vitamin C
 - c) Vitamin K
 - d) Vitamin D

5. What is the role of antioxidants in the body?
 - a) They promote muscle growth
 - b) They protect cells from damage by free radicals
 - c) They aid in digestion
 - d) They regulate blood sugar levels

