

Name _____

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

Multiple Choice Questions

1. What is one of the benefits of staying hydrated mentioned in the passage?

- a) Increased joint pain
- b) Improved digestion
- c) Dark yellow urine
- d) Reduced cognitive function

2. What does water do to help regulate the body's temperature?

- a) Causes fever
- b) Induces shivering
- c) Facilitates cooling through sweat
- d) Slows down metabolic processes

3. How does water assist in nutrient transportation in the body?

- a) It converts nutrients into energy
- b) It carries nutrients in the bloodstream
- c) It stores nutrients in fat cells
- d) It breaks down nutrients in the stomach

4. What can happen if you don't drink enough water?

- a) Weight loss
- b) Improved brain function
- c) Muscle cramps
- d) Reduced appetite

5. What are some signs of dehydration mentioned in the passage?

- a) Rapid heartbeat and dry skin
- b) Clear urine and increased energy
- c) Sweating and flushed cheeks
- d) Dry mouth and dark yellow urine

