

“Make Change”

Nutrition Quiz

Complete this quiz and test your knowledge of the value of dairy!



- 1) Which nutrient helps to maintain normal vision?
 - a. Vitamin A
 - b. Protein
 - c. Calcium
 - d. Vitamin D
- 2) Which nutrient helps to promote the absorption of calcium and enhances bone mineralization?
 - a. Vitamin A
 - b. Protein
 - c. Calcium
 - d. Vitamin D
- 3) Which nutrient builds and repairs muscle tissue after exercise?
 - a. Vitamin A
 - b. Protein
 - c. Calcium
 - d. Vitamin D
- 4) Which nutrient helps build and maintain strong bones and teeth?
 - a. Vitamin A
 - b. Protein
 - c. Calcium
 - d. Vitamin D
- 5) It takes 3 cups of broccoli to equal the _____ in one cup of milk.
 - a. Vitamin A
 - b. Protein
 - c. Calcium
 - d. Vitamin D
- 6) An 8-ounce serving of low-fat plain yogurt contains 490 milligrams of _____; about the same as a small banana.
 - a. Vitamin A
 - b. Potassium
 - c. Calcium
 - d. Protein
- 7) One ounce of hard cheese (like cheddar) contains 8 grams of _____; an egg contains 6 grams.
 - a. Vitamin A
 - b. Protein
 - c. Calcium
 - d. Vitamin D
- 8) What food can provide 1/3 of your daily calcium needs in a single serving?
 - a. Potato
 - b. Hamburger
 - c. Yogurt
 - d. All of the above
- 9) Yogurt provides more _____ than a protein bar, at about half the cost.
 - a. Vitamin A
 - b. Protein
 - c. Calcium
 - d. Vitamin D
- 10) Milk is a natural carrier and superior source of _____.
 - a. Vitamin A
 - b. Protein
 - c. Calcium
 - d. Vitamin D

Answers:

The correct answers are highlighted below.

- 1) Which nutrient helps to maintain normal vision?
 - a. Vitamin A
 - b. Protein
 - c. Calcium
 - d. Vitamin D
- 2) Which nutrient helps to promote the absorption of calcium and enhances bone mineralization?
 - a. Vitamin A
 - b. Protein
 - c. Calcium
 - d. Vitamin D
- 3) Which nutrient builds and repairs muscle tissue after exercise?
 - a. Vitamin A
 - b. Protein
 - c. Calcium
 - d. Vitamin D
- 4) Which nutrient helps build and maintain strong bones and teeth?
 - a. Vitamin A
 - b. Protein
 - c. Calcium
 - d. Vitamin D
- 5) It takes 3 cups of broccoli to equal the _____ in one cup of milk.
 - a. Vitamin A
 - b. Protein
 - c. Calcium
 - d. Vitamin D
- 6) An 8-ounce serving of low-fat plain yogurt contains 490 milligrams of _____; about the same as a small banana.
 - a. Vitamin A
 - b. Potassium
 - c. Calcium
 - d. Protein
- 7) One ounce of hard cheese (like cheddar) contains 8 grams of _____; an egg contains 6 grams.
 - a. Vitamin A
 - b. Protein
 - c. Calcium
 - d. Vitamin D
- 8) What food can provide 1/3 of your daily calcium needs in a single serving?
 - a. Potato
 - b. Hamburger
 - c. Yogurt
 - d. All of the above
- 9) Yogurt provides more _____ than a protein bar, at about half the cost.
 - a. Vitamin A
 - b. Protein
 - c. Calcium
 - d. Vitamin D
- 10) Milk is a natural carrier and superior source of _____.
 - a. Vitamin A
 - b. Protein
 - c. Calcium
 - d. Vitamin D