

Nutrition: Fueling the Body Temple

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Understanding Our Body's Needs

Name: _____

Date: _____

Answer the following questions based on what you learned about nutrition and the human body.

1. What are the six main food groups?
 - A. Fruits, Vegetables, Grains, Proteins, Dairy, Fats
 - B. Fruits, Vegetables, Sweets, Proteins, Dairy, Snacks
 - C. Fruits, Grains, Vegetables, Proteins, Desserts, Dairy
2. Proteins help to ____ and repair body tissues.
3. Carbohydrates are important because they provide energy.
 True False
4. What are some examples of foods that offer vitamins and minerals?

5. How can we make healthy food choices?
 - A. By eating only sweets
 - B. By choosing a variety of foods from all food groups
 - C. By skipping meals
6. Our bodies are designed by God to use food as ____.
7. Eating can be an act of worship and stewardship of our bodies.
 True False
8. How can we honor God by taking care of our bodies?

9. What does 1 Corinthians 10:31 teach us about eating and drinking?
 - A. We should do it for ourselves
 - B. We should do it for the glory of God
 - C. We should avoid eating and drinking

10. What did you learn about nutrition today that you didn't know before?

Answer Key

1. Fruits, Vegetables, Grains, Proteins, Dairy, Fats 2. build 3. True 4. Fruits and vegetables like oranges and spinach offer many vitamins and minerals. 5. By choosing a variety of foods from all food groups 6. fuel 7. True 8. We can honor God by making healthy food choices and being active. 9. We should do it for the glory of God 10. I learned how each food group helps our bodies in different ways.