

Summer Nutrition Club – Lesson 2 Quick Quiz

*Circle the letter of the right answer for each of the 3 questions below.
If you aren't sure about an answer, just do your best!*

1) What is the BEST way to tell if muffins are done baking?

- a. Take one out of the oven and eat it right away.
- b. Stick a toothpick in the middle of a few muffins to see if any batter sticks to it.
- c. Poke the muffins with your finger.

2) True or false? You can only get protein from animal foods (like meat, fish, or chicken).

- a. True (yes)
- b. False (no)

3) Which TWO food groups were in the Carrot Zucchini Mini Muffin recipe?

- a. Fruits and Vegetables
- b. Protein and Dairy
- c. Grains and Vegetables

