

Summer Nutrition Club – Lesson 3 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!*

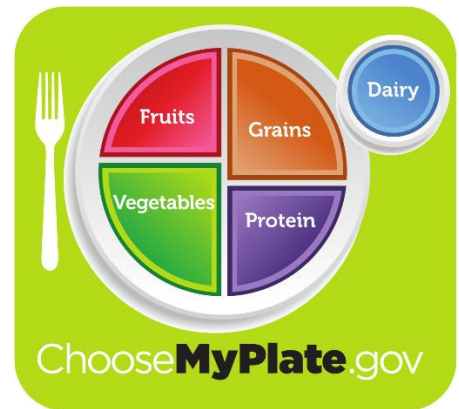
1) Which fruit did Lydia put in the Gleaners bowl?

- a. Blueberries
- b. Raspberries
- c. Strawberries
- d. Cherries



2) Which of the 5 food groups is yogurt part of?

- a. Fruit
- b. Vegetables
- c. Grains
- d. Dairy
- e. Protein



3) How do calcium and vitamin D help your body?

- a. They are good for your eyes.
- b. They help you fight off sickness.
- c. They help your bones and teeth stay strong.