










Eat Right – What Does That Mean? (🌈 A Physical Health Story)  
(5<sup>th</sup> Grade – 10-11 yrs.)  
Power Your Brain Challenge Questions

-  1. Which is NOT a reason we should eat? Slide 3
  - A. Because our body and brain need energy to be able to do the behaviors we do every single day.
  - B. Because our body and brain need nutrients.
  - C. Because we are bored and have nothing better to do.
  
-  2. ALL foods give us energy. Slide 4
  - A. True
  - B. False
  
-  3. Energy is stored in \_\_\_\_\_. Slide 5
  - A. the stomach and liver
  - B. the muscles, liver, and fat cells
  - C. the stomach and intestines
  
-  4. What percentage of the energy we need each day is just for our brain? Slide 7
  - A. 50%
  - B. 85%
  - C. 20%
  
-  5. Why do we get tired when we eat too much like on Thanksgiving? Slide 8
  - A. Because we eat too late and close to bedtime.
  - B. All the energy goes to the gastrointestinal system, instead of the brain, so the food can be digested.
  - C. By the time we eat, we have been awake for a long time.
  
-  6. Our bodies can make some amino acids and others must come from the foods we eat. Slide 10
  - A. True
  - B. False
  
-  7. To grow and stay healthy, our bodies need \_\_\_\_\_ from the foods we eat. Slide 11
  - A. vitamins, minerals, and proteins
  - B. sugar and minerals
  - C. water and sugar



8. What are the food groups we should be eating from each day? Slide 12

- A. Fruits, vegetables, dairy products, and grains
- B. Fruits, vegetables, proteins, grains, and dairy products
- C. Fruits, proteins, grains, and dairy products



9. It is healthy to eat as much as you want if it makes you happy. Slide 13

- A. True
- B. False



10. Sugary foods and foods with few nutrients should be eaten \_\_\_\_\_. Slide 14

- A. in moderation
- B. never
- C. anytime you want them