


Nutrition is like the body's secret recipe for staying healthy and strong. It all starts with food, the magical ingredient that fuels our bodies. Nutrition is the process where our bodies transform food into energy. Food provides calories, like fuel for our bodies. If we eat too many calories, our bodies store them as fat. Eating fewer calories helps with weight loss. The calories we need depend on our daily activities. So, understanding calories and choosing wisely is essential for good nutrition.

1. Nutrition is primarily concerned with turning food into vitamins.

TRUE

FALSE



Nutrients are the superheroes of our body, keeping it strong and healthy. They come in two categories: macros and micros. Macros, the big heroes, include carbohydrates (found in foods like bread and pasta), fats (which come in various forms), and proteins (there are hundreds of them!). Micros, the small heroes, are minerals (like iron and calcium) and vitamins (A, B, C, D, E, and K).

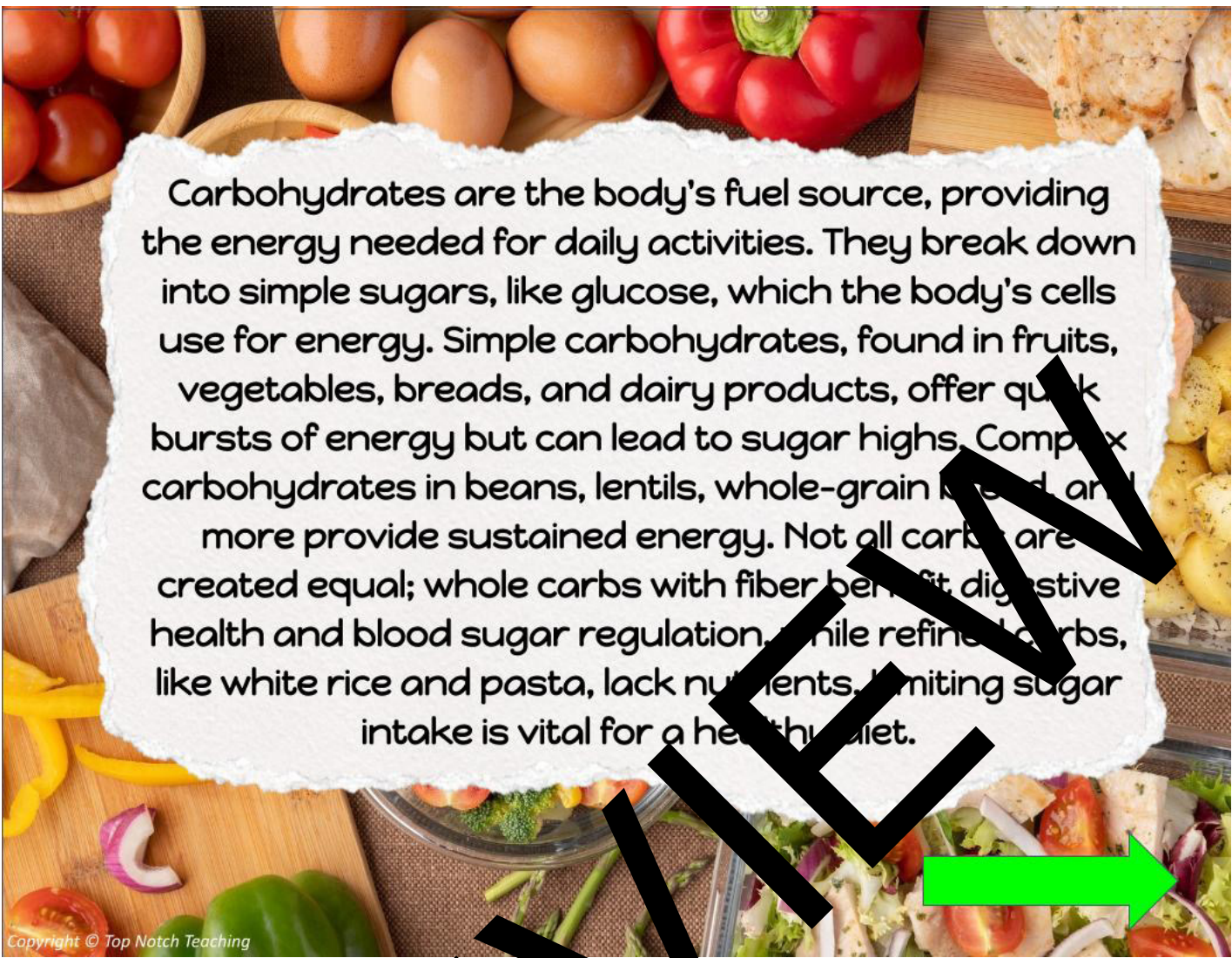
Remember water, the unsung hero that keeps everything running smoothly. So, remember to eat a balanced diet to get all these essential nutrients!

2. What are the two categories of nutrients?

A. Fats and vitamins

B. Macros and micros

C. Carbohydrates and proteins



Carbohydrates are the body's fuel source, providing the energy needed for daily activities. They break down into simple sugars, like glucose, which the body's cells use for energy. Simple carbohydrates, found in fruits, vegetables, breads, and dairy products, offer quick bursts of energy but can lead to sugar highs. Complex carbohydrates in beans, lentils, whole-grain bread, and more provide sustained energy. Not all carbs are created equal; whole carbs with fiber benefit digestive health and blood sugar regulation, while refined carbs, like white rice and pasta, lack nutrients. Limiting sugar intake is vital for a healthy diet.

3. Simple carbohydrates, like those found in fruits and dairy products, provide quick bursts of energy and can lead to "sugar highs."

TRUE

FALSE

Fats are like the unsung heroes of our diet, essential for our well-being. They serve multiple roles, from protecting our organs to keeping us warm and aiding nutrient absorption. There are good fats and not-so-good fats. Unhealthy fats like trans fats, often found in processed foods, pose the greatest risk. Saturated fats, found in red meat and dairy, should be consumed in moderation. On the flip side, healthier fats, such as monounsaturated and polyunsaturated fats found in oils, avocados, and fish, promote better health. So, choose your fats wisely for a healthier you.

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4. Which fats are considered the most dangerous?

A. Monounsaturated fats

B. Saturated fats

C. Trans fats

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About This Pack

Welcome to the "Nutrition and Nutrients Interactive Quiz" – an engaging and educational resource to help students explore the fascinating world of nutrition and nutrients. This digital interactive quiz uses Google Slides, making it easy for you to share the Presentation Mode with your students. Whether used in the classroom or virtually, this resource empowers students to take charge of their learning while delving into essential topics related to nutrition and nutrients.

Interactive Quiz Format

This resource is structured as an interactive quiz, allowing students to actively participate in their learning journey. It comprises 11 short reading passages that delve into nutrition and nutrients, each followed by a series of engaging questions.

Engaging Questions

Following each passage, students will encounter a series of thought-provoking questions. These include 6 True/False questions and 5 Multiple Choice questions, providing a well-rounded assessment of their comprehension.

Student-Centric Learning

This activity is an ideal tool to hand over the reins of learning to students. It can be seamlessly incorporated into in-person or virtual classes and is particularly valuable for absent students or substitute teacher days.

Self-Checking Questions

The quiz questions are self-checking. You only need to assign the presentation copy to students, streamlining the assessment process.

About This Pack

Answer Sheets for Accountability

A printable student answer page is included to ensure students actively engage with the content (page 9). This encourages students to record their answers as they progress, promoting a thorough understanding of the material.

Teacher Support

This resource includes a teacher answer key for each passage (page 10), making the assessment and grading process straightforward.

Reading Passages and Questions

At the end of this pack (pages 11 - 21), you will find all the reading passages and questions from the presentation. These valuable resources can be used for future lessons, printed for students to have a hard copy, or utilized in various other teaching scenarios. This comprehensive collection allows flexibility and versatility in reinforcing and extending students' knowledge of nutrition and nutrients.

The "Nutrition and Nutrients Interactive Quiz" is not just a quiz; it's an immersive learning experience that empowers students to explore the vital aspects of nutrition and nutrients independently. With engaging content, self-checking questions, and teacher support, this resource offers a dynamic way to enhance students' knowledge and understanding of this essential topic. Whether you're conducting lessons in person or virtually, this quiz is a versatile tool that encourages active participation and deepens comprehension. The included reading passages and questions extend its utility, providing teachers with valuable materials for future lessons and additional instructional opportunities.

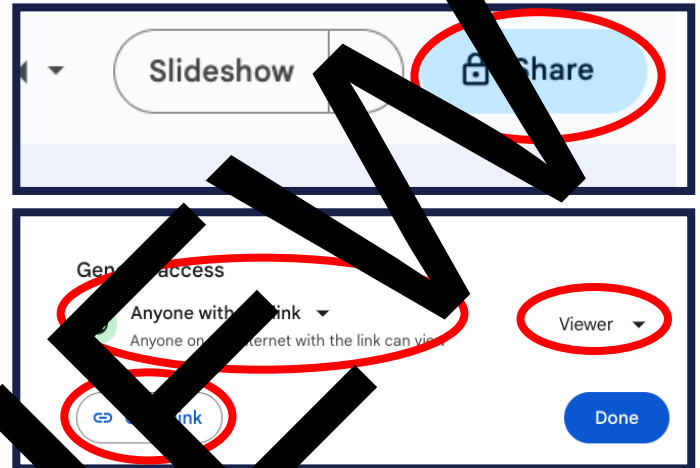
Teacher Directions

Sharing with Students: Option 1

Share the Presentation Mode with Students

I recommend sharing the Presentation Mode version with your students rather than the editable version. Here's how to do it:

- Click on the Share button within your copy.
- Change General Access to "Anyone with the link."
- Set the role to "Viewer" (not editor).
- Choose "Copy link."



Adjust the Link for Presentation Mode

To ensure that students view the activity in presentation Mode (so they cannot edit, remove, or change the slides), follow these steps:

- Paste the copied link into a document where it can be edited.
- At the end of the link, you will see the word "edit." CHANGE THIS to say "present" BEFORE sending it to your students.
- When students click the link, it will display the activity in Presentation Mode, allowing them to interact with the questions, with all the links working seamlessly.

Sharing with Students: Option 2 (Editable Copy)

Share the Editable Copy

If you decide to share the editable copy with your students, follow these steps:

- Turn to pages 22 - 26 for instructions on sending students a forced copy link of the resource.
- Students will have an editable copy they can access at any time, but remind them to view it in Presentation mode for the links to work correctly.

ANSWER SHEET ANSWERS

As you go through the presentation, record your answers here.

1 FALSE	2 B	3 TRUE
4 C	5 FALSE	6 A
7 FALSE	8 C	9 TRUE
10 FALSE	11 C	

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ANSWER SHEET

As you go through the presentation, record your answers here.

1	2	3
4	5	6
7	8	9
10	11	

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