

## HealthPartners yumPower School Challenge

## Kid's trivia!

- 1. True or false: Eating breakfast every morning is a great way to power up your body.
- 2. What kinds of foods boost your energy and help you focus in school?
  - A. Whole grains like cereal
  - B. Protein like eggs, milk and yogurt
  - C. A and B
- 3. You need calcium to keep your teeth and bones strong. Which of these foods have the most calcium?
  - A. Chips
  - B. Grapes
  - C. Orange pop
  - D. Broccoli Broccoli and green, leafy vegetables are a great source of calcium. Grab some broccoli and dip for a tasty lunchtime snack!
- 4. What is the most important thing to do before and during exercise?
  - A. Eat lots of food
  - B. Drink a sports drink
  - C. Drink plenty of water
- 5. How do you know if juice is made from real fruit?
  - A. The label says 100 percent fruit juice
  - B. The drink is fruit flavored
  - C. The drink is an energy drink
- 6. What's a good snack to munch on between classes?
  - A. Celery sticks with peanut butter
  - B. A banana
  - C. Trail mix
  - D. All of the above Fruits, vegetables, nuts and yogurt make great, energy-boosting snacks!
- 7. Which of these foods is orange and good for your eyes?
  - A. Pumpkin
  - B. Carrot
  - C. Apricot
  - D. All of the above

9.	How much of your plate should you fill with fruits and veggies?  A. 1/3  B. 1/2  C. Your entire plate
10.	Which of the following foods is actually a fruit and not a veggie?  A. Tomato  B. Corn  C. Potato
11.	What is the only fruit to have seeds on the outside?  A. Orange  B. Strawberry  C. Apple
12.	Which will make your muscles stronger?  A. Using a controller to play video games  B. Playing on the monkey bars  C. Watching TV
13.	<ul> <li>How often should you play or exercise each day?</li> <li>A. 10 minutes</li> <li>B. 30 minutes</li> <li>C. 1 hour – Try brisk walking, bike riding, skateboarding and dancing. Anything that makes you "huff and puff" helps you power up!</li> </ul>
14.	What veggie is green and looks like a tree?  A. Broccoli  B. Cauliflower  C. Beans
15.	<ul> <li>Which veggies are in the same family as cabbage, also called cruciferous veggies?</li> <li>A. Cauliflower</li> <li>B. Brussels sprouts</li> <li>C. Broccoli</li> <li>D. All of the above</li> </ul>
16.	What kind of squash begins with the letter Z? (Zucchini)
17.	What veggie looks like a bright red potato but is not a potato?  (Beets)

8. How many servings of fruits and vegetables should you eat each day?

B. 3

C. 5 or more

- 18. Name a blue or purple fruit or veggie.

  (Eggplant, blueberries, purple grapes, figs, plums)
- 19. What veggie grows on a tall plant that is actually grass? (Corn on the cob)
- 20. What kind of melon is green on the inside? (Honeydew)
- 21. What fruit looks like a big orange but is usually pink or yellow in color. (Grapefruit)
- 22. Name a red fruit or veggie.

  (Red pepper, tomato, beets, apple, grape, cherries, papaya, potato, berries)
- 23. What active games do you like to play with your friends? (Any active game!)

