

Quiz Year 4 - Eating Right

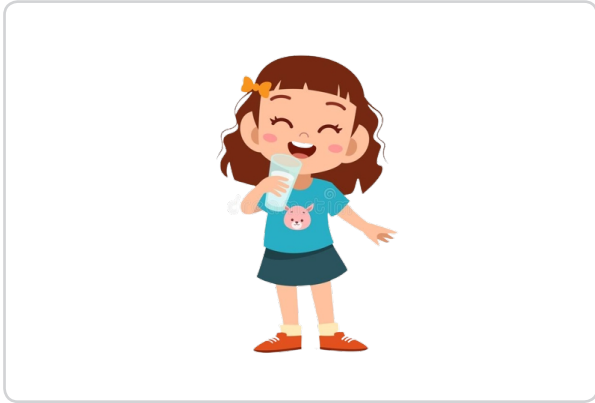
Date: _____

Name: _____



Tick the correct answers.

1. Luna drinks a ____ of milk for breakfast.



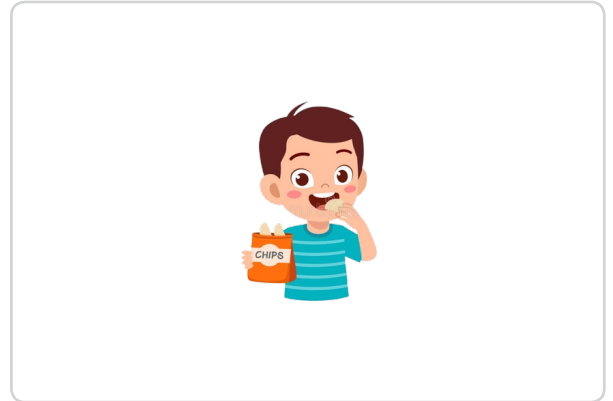
- A ☐ glass B ☐ carton
C ☐ bottle

2. You should ____ eat fruits and vegetables to stay healthy.



- A ☐ never
B ☐ sometimes
C ☐ always

3. Kiran loves to eat a ____ of chips as a snack.



- A ☐ box B ☐ bag
C ☐ bowl

4. Madam Tina put only a pinch of ____ in her dishes to stay healthy.



- A ☐ salt
B ☐ sugar
C ☐ flour

5. Choose two of the healthier options for lunch.

Select 2 answers

- A ☐ cheese burger
B ☐ chicken rice
C ☐ ramen
D ☐ sandwich

6. Choose three ingredients Harris should use to make pancakes.



Select 3 answers

- A ☐ a bag of flour
B ☐ egg
C ☐ chocolate chips
D ☐ ice-cream
E ☐ chicken breast

7. Choose breakfast food.



Select 3 answers

- A ☐ a box of cereal
B ☐ a bag of chips
C ☐ a carton of milk
D ☐ a loaf of bread
E ☐ a bar of chocolate

8. Yesterday Hong had a bowl of ___ with a glass of ___ for breakfast. For lunch he had some ___ and vegetables. After school, Hong's mother made him a bowl of ___. For dinner, Hong had a plate of ___.



- A ☐ cereal, milk, meat, soup, pasta.
B ☐ soup, soda, egg, sauce, cake.
C ☐ popcorn, milk, fruits, ramen, bread.