

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.