

# Healthy food quiz

How well do **you** know your body? Find out by taking this healthy food quiz. Fill in the gaps with the right part of your body. The answers are at the bottom of the page if you get really stuck.

1. **Carrots** are a good source of beta-carotene (vitamin A). They help your ..... to work better.
2. Eating **too many sugary sweets** and drinking **lots of fizzy drinks** will ruin your .....
3. **Vitamins** from fruit and vegetables help to keep your ..... looking and feeling healthy - and help stop you getting spots.
4. **Meat, cheese** and **eggs** in our diet give us **protein** which, with **exercise**, helps your ..... to grow stronger.
5. A **balanced diet** and **less fat** will help keep your ..... pumping.
6. Vitamins from **fruit and vegetables** are needed in this liquid (which is found all over our body) to **fight infections** like the common cold. The answer is: .....
7. Lots of **fibre** from **cereal, fruit** and **vegetables** helps keep your ..... moving well.
8. You should **wear a helmet** when playing on your bike to help protect your ..... if you fall.
9. Your food is stored and mixed up in your ..... before going into your gut.
10. Your ..... helps you chew your food and helps you **taste** lots of different flavours.

