

BOSS: VITAMIN VALLEY

FRUIT OOPS

40 POINTS

- 1) Which of the following is an example of a mineral?
 - A. Protein
 - B. Vitamin A
 - C. Calcium
 - D. Vitamin C
- 2) Foods that provide nutrients but also contain a lot of processed ingredients, sugar, and unnecessary calories are called what?
 - A. Calorie rich
 - B. Extra baggage foods
 - C. Fortified
 - D. Calcium rich
- 3) What mineral is important for your energy, blood, and muscles?
 - A. Vitamin D
 - B. Carbohydrates
 - C. Vitamin B
 - D. Iron
- 4) What vitamin is a group of 8 vitamins that work together to help you convert fuel for the body?
 - A. C Vitamins
 - B. Protein
 - C. B Vitamins
 - D. Calcium
- 5) What vitamin helps hold cells together, heals cuts and broken bones, and helps fight infection?
 - A. Vitamin C
 - B. Iron
 - C. Protein
 - D. Vitamin D
- 6) How many grams of sugar are in one serving of Fruit Oops?
 - A. 2g
 - B. 50g
 - C. 44g
 - D. 12g
- 7) What is the first listed ingredient in Fruit Oops, thus the main ingredient?
 - A. Flour
 - B. Modified food starch
 - C. Yellow 6
 - D. Sugar
- 8) How many grams of carbohydrates are in one serving of Fruit Oops?
 - A. 2g
 - B. 50g
 - C. 44g
 - D. 12g

