



Know Your Fuel Trivia Game

It's time to play detective and solve this nutritional mystery! Follow the clues below to see if you can name that nutrient.

- 1 If you scrape your knee, I can help your body heal and fight infection. What nutrient am I?
- 2 After eating a big meal, you're glad you have me to help your digestive system work. What nutrient am I?
- 3 I'm a key member of your body's "construction crew": I help build strong, healthy bones and teeth. What nutrient am I?
- 4 I'm on the same "crew" and help #3 get its work done. What nutrient am I?
- 5 When it's dark outside, I'm the one who can help you see. I also help your skin stay healthy! What nutrient am I?
- 6 I'm also on the "construction crew" to help build strong bones – and I guess you could say I'm pretty popular with energy, because I help your body's muscle cells generate energy when you play. What nutrient am I?
- 7 I help keep your body running in tip-top shape: building muscle and repairing tissue. What nutrient am I?
- 8 I help with the development of red blood cells. What nutrient am I?
- 9 I don't give into pressure – I like to keep things (like your body's water) balanced and going with the flow. What nutrient am I?
- 10 I give you energy. What nutrient am I?



Know Your Fuel Trivia Game – ANSWER SHEET

- ① vitamin C
- ② Fiber
- ③ Calcium
- ④ vitamin D
- ⑤ vitamin A
- ⑥ Magnesium
- ⑦ Protein
- ⑧ vitamin E
- ⑨ Potassium
- ⑩ Carbohydrates

For more information about the nutrient content of specific foods that are good for you, visit www.mypyramid.gov.