

Good-For-You Foods Quiz

Name _____ Date _____

Question 1: Cranberry juice is good for urinary tract infections.

True False

Question 2: Carrots are good for your hearing.

True False

Question 3: Chicken soup fights the congestion that comes with a cold.

True False

Question 4: Garlic and onions kill flu and cold viruses.

True False

Question 5: Fish is good for your brain.

True False

Question 6: Blueberries fight the bacteria that cause ear infections.

True False

Question 7: Bananas are a natural antacid.

True False

Question 8: Ginger root fights nausea caused by motion sickness, and relieves migraine headaches.

True False

Question 9: Spinach is good for your spirits because it contains a lot of calcium.

True False

Question 10: Onions contain a mild natural sedative called quercetin, which can help fight insomnia.

True False

Good-For-You Foods Quiz - Answers

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