Wat hebben mensen nodig om te groeien en gezond te leven.

Wat gebeurt er als je niet meer zou eten?

Je eet omdat je lichaam energie nodig heeft.

Waarvoor heeft je lichaam energie nodig?

ENERGIEBALANS

Energie in

Eten & drinken

Energie uit

Verbranding & beweging

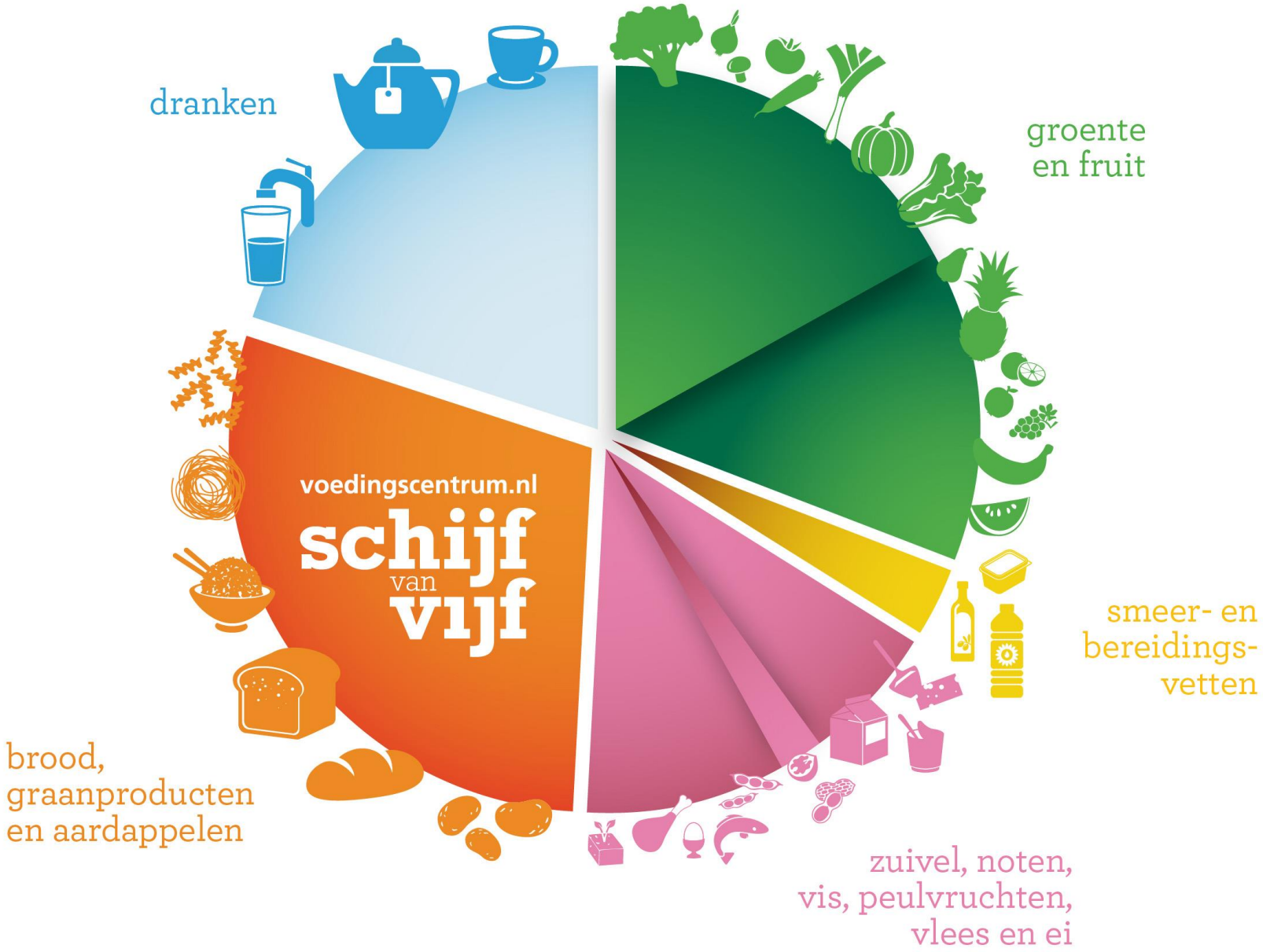
Energiebalans - © FIT.nl

	2,5 minuten	**21 minuten**
	2 minuten	**17 minuten**
	1 minuut	**8,5 minuten**

2.200 kilocalorieën (kcal)

2.350 kilocalorieën (kcal)

WAAR HAAL JE DE ENERGIE VANDAAN?


dranken
groente
en fruit
voedingscentrum.nl
schijf
van
vijf
smeer- en
bereidings-
vetten
brood,
graanproducten
en aardappelen
zuivel, noten,
vis, peulvruchten,
vlees en ei

Voldoende calorieën en gezonde voedingsstoffen

- koolhydraten
- vezels
- eiwitten
- vetten
- vitamines
- mineralen, kalk
- water

Groente- en fruitquiz:

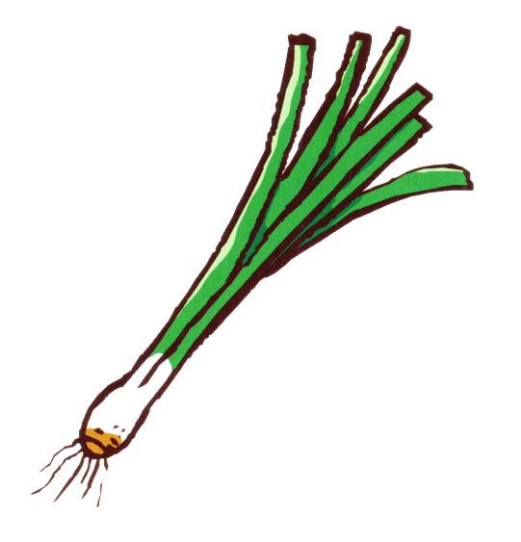
10 vragen over bijzondere eigenschappen /superkrachten van groente en fruit.

Het is een meerkeuzequiz.

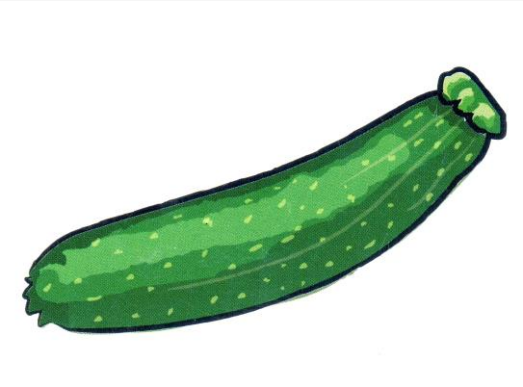
Pak papier en potlood en vul de juiste letter in op elke vraag.

1. Van welke groente krijg je minder snel grijze haren?

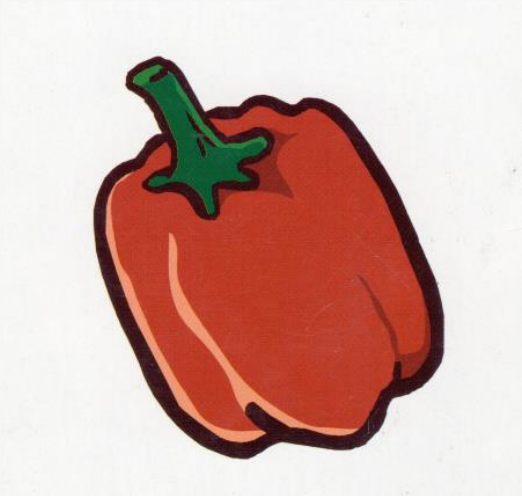
A. suikermaïs



B. prei



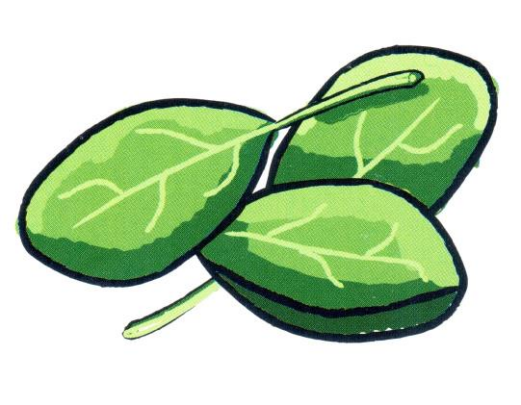
C. courgette



D. paprika

2. Van welke groente wordt je vrolijk?

A. tomaat



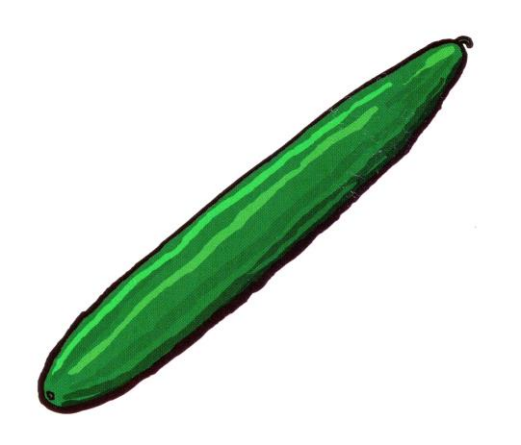
B. spinazie

C. rode kool

D. rode biet

3. Van welke groente krijg je een mooie huid en nagels?

A. pompoen

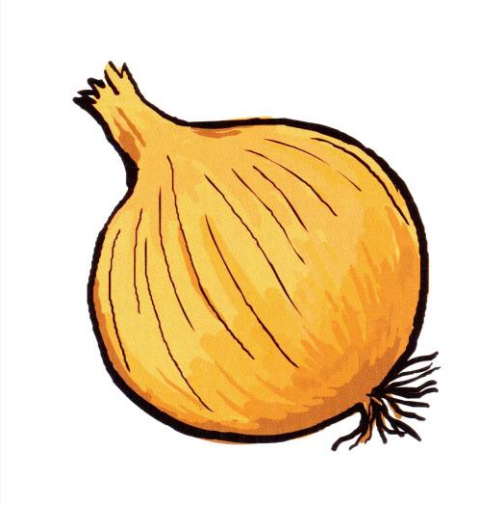


B. komkommer

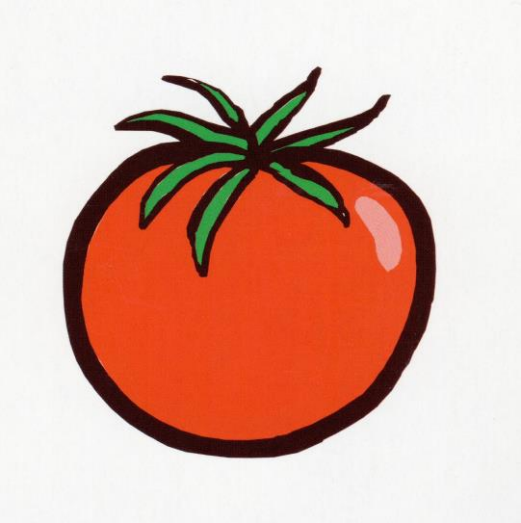
C. sla

D. wortel

4. Welke groente helpt bij verkoudheid en hoesten?

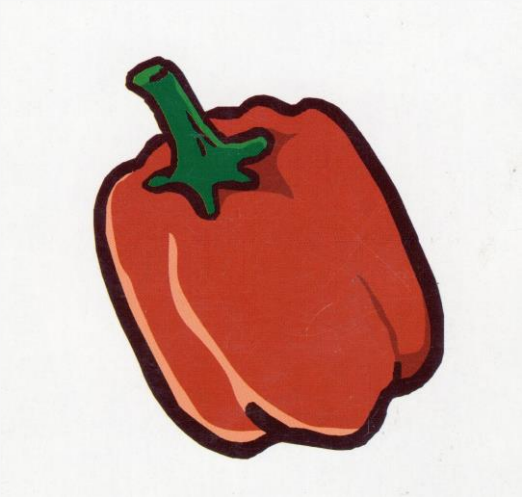


A. ui



B. tomaat

C. bloemkool



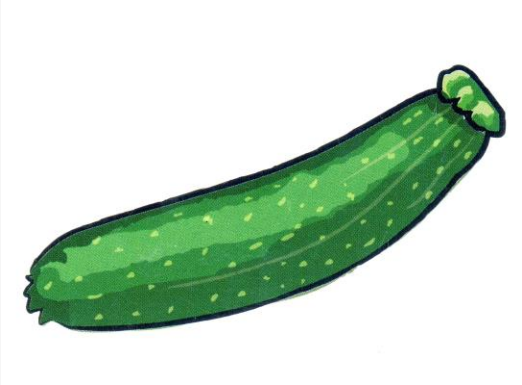
D. paprika

5. Welke groente is goed voor je geheugen?

A. suikermaïs

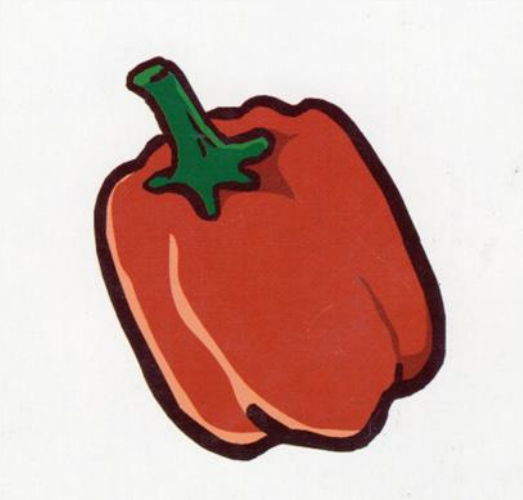
B. broccoli

C. pompoen

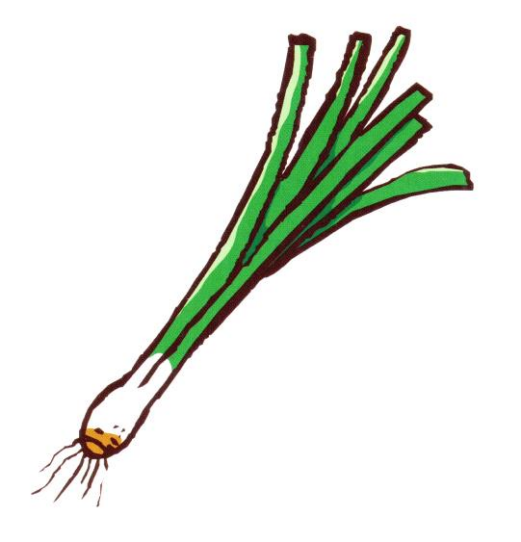


D. courgette

6. Van welke groente wordt je minder snel ziek, omdat deze vol zit met vitamin A en C?



A. paprika



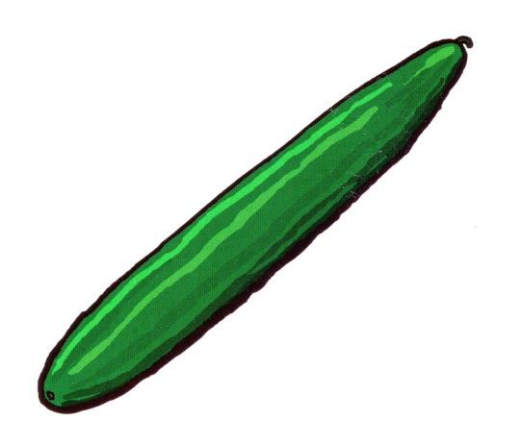
B. prei

C. rode kool

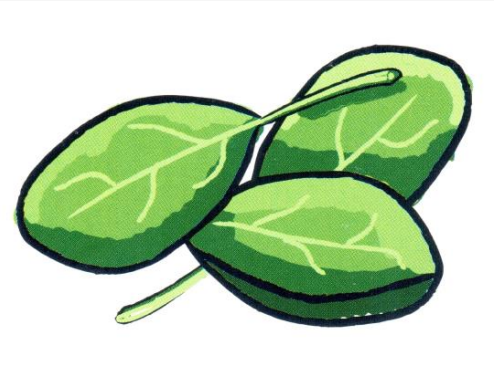
D. radijs

7. Welke groente geeft je extra spierkracht?

A. suikermaïs



B. komkommer

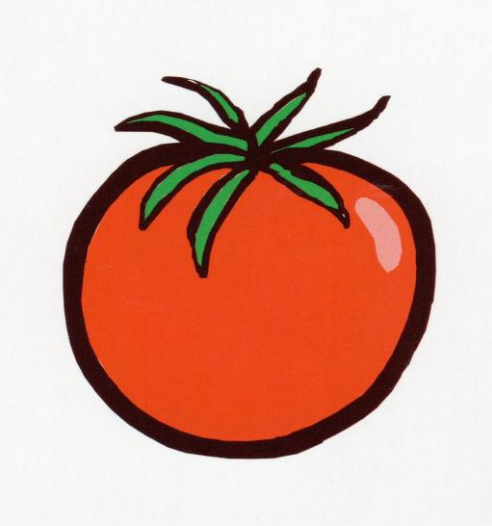


C. spinazie

D. sla

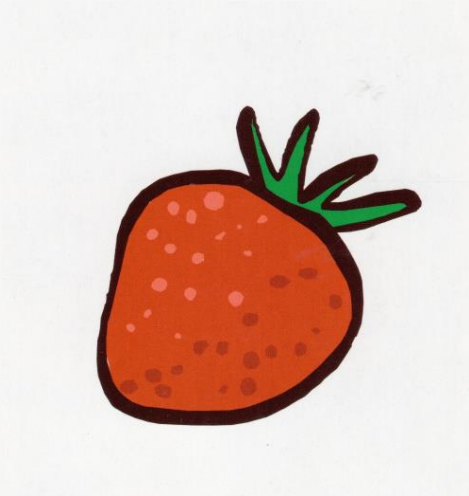
8. Welke groente beschermt je huid tegen verbranding door de zon?

A. radijs



B. tomaat

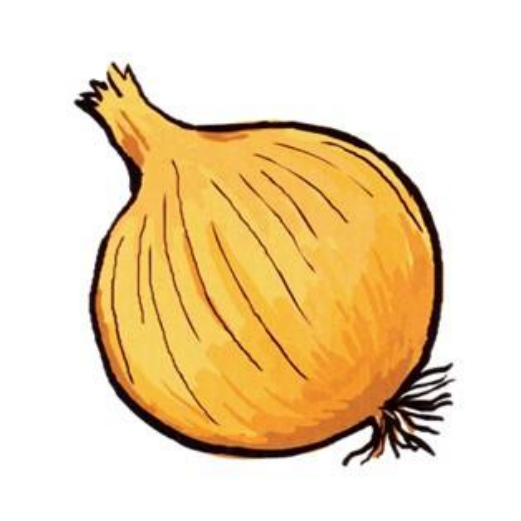
C. rode biet



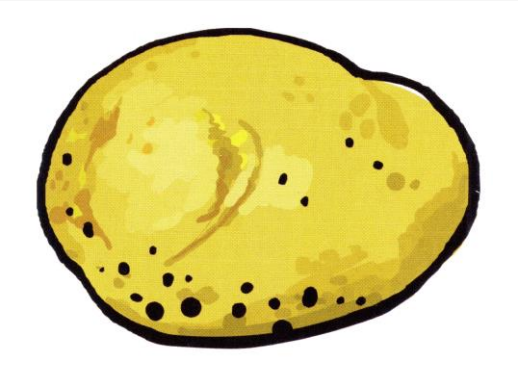
D. aardbei

9. Door welke groente kun je beter zien in het donker?

A. bloemkool



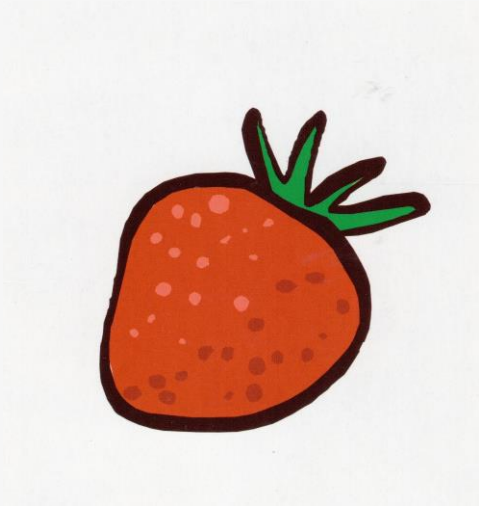
B. ui



C. aardappel

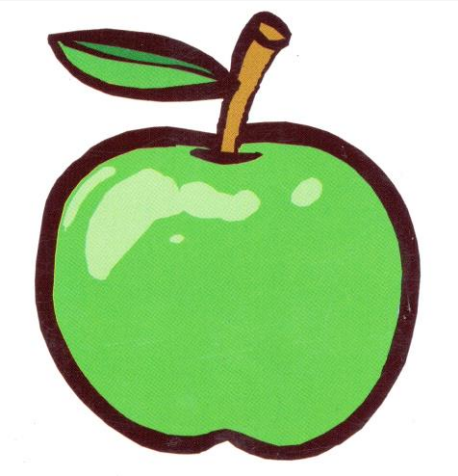
D. wortel

10. Welk fruit geeft je meer energie en minder spierpijn?

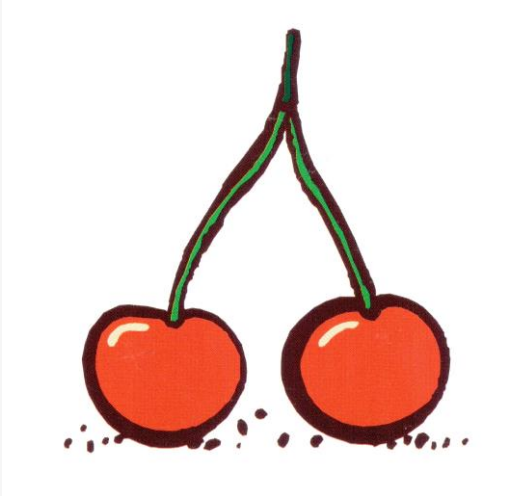


A. aardbei

B. banaan



C. appel



D. kersen

Wie is de winnaar van de quiz?

Controleer je antwoorden:

1. C
2. D
3. A
4. A
5. B
6. A
7. C
8. B
9. D
10. B

Proeven: eten van de toekomst