

## Immune System Quiz

Match the word with correct antioxidant definition. Place the appropriate letter next to the corresponding number.

1. Tomatoes, pink grapefruit, watermelon \_\_\_\_\_
2. Vegetables oils such as wheat germ, avocados, nuts, seeds, and whole grains  
\_\_\_\_\_
3. Red capsicum, pumpkins, and mangoes \_\_\_\_\_
4. Red wine and tea \_\_\_\_\_
5. Eggplant, grapes, and berries \_\_\_\_\_
6. Oranges, blackcurrants, kiwifruit, mangoes, broccoli, capsicum, and strawberries  
\_\_\_\_\_
7. Seafood, lean meat, milk, nuts (**three answers**) \_\_\_\_\_
8. Green leafy vegetables like spinach, corn \_\_\_\_\_
9. Sesame seeds, bran, whole grains, vegetables \_\_\_\_\_
10. Tea, green tea, citrus fruits, red wine, apples, onions \_\_\_\_\_
11. Cruciferous vegetables (broccoli, cabbage, cauliflower, Brussel sprouts) \_\_\_\_\_
12. Liver, sweet potatoes, carrots, milk, egg yolks \_\_\_\_\_
13. Thyme and oregano \_\_\_\_\_
14. Soybeans, tofu, lentils, peas, and milk \_\_\_\_\_
15. Leeks, onions, and garlic \_\_\_\_\_
16. Pumpkin, mangoes, apricots, carrots, spinach, parsley \_\_\_\_\_
17. Red meats, offal, and fish, also devied from animals that eat plants. \_\_\_\_\_

- A. allium sulphur compounds
- B. anthocyanins
- C. beta-carotene
- D. catechins
- E. copper
- F. cryptoxanthins
- G. flavonoids
- H. indoles
- I. isoflavonoids
- J. lignans
- K. lutein
- L. lycopene
- M. manganese
- N. polyphenols
- O. selenium
- P. vitamin A
- Q. vitamin C
- R. vitamin E
- S. zinc
- T. zoochemicals
- U. Manganese

What are the functions of antioxidants?

- a. To fight free radicals, this can protect the body from cancer.
- b. To inhibit oxidation.
- c. To build up body tissues
- d. To provide a quick source of energy for the body.
- e. To store energy in the body.
- f. A and B

True or false? Certain foods can boost the immune system.

- a. True
- b. False

True or false? Probiotics are the healthy gut bacteria you possess in your body to help fight off infection and disease.

- a. True
- b. False

True or false? You can build up the probiotics in your body by eating certain food.

- a. True
- b. False

True or false? Allergies and inflammation are related to the immune system.

- a. True

b. False

Match the word with correct antioxidant definition. Place the appropriate letter next to the corresponding number.

1. Tomatoes, pink grapefruit, watermelon **L (lycopenes)** \_\_\_\_\_
2. Vegetables oils such as wheat germ, avocados, nuts, seeds, and whole grains

**R (Vitamin E)**

- \_\_\_\_\_
3. Red capsicum, pumpkins, and mangoes **F (cryptoxanthins)** \_\_\_\_\_
  4. Red wine and tea **D (catechins)** \_\_\_\_\_
  5. Eggplant, grapes, and berries **B (anthocyanins)** \_\_\_\_\_
  6. Oranges, blackcurrants, kiwifruit, mangoes, broccoli, capsicum, and strawberries

**Q (Vitamin C)**

7. Seafood, lean meat, milk, nuts (**three answers**) **E, M, S (zinc, copper, manganese)** \_\_\_\_\_
  8. Green leafy vegetables like spinach, corn **K (lutein)** \_\_\_\_\_
  9. Sesame seeds, bran, whole grains, vegetables **J (lignans)** \_\_\_\_\_
  10. Tea, green tea, citrus fruits, red wine, apples, onions **G (flavonoids)** \_\_\_\_\_
  11. Cruciferous vegetables (broccoli, cabbage, cauliflower, Brussel sprouts) **H (indoles)** \_\_\_\_\_
  12. Liver, sweet potatoes, carrots, milk, egg yolks **P (vitamin A)** \_\_\_\_\_
  13. Thyme and oregano **N (polyphenols)** \_\_\_\_\_
  14. Soybeans, tofu, lentils, peas, and milk **I (isoflavones)** \_\_\_\_\_
  15. Leeks, onions, and garlic **A (allium sulfer compounds)**
  16. Pumpkin, mangoes, apricots, carrots, spinach, parsley **C (beta carotene)** \_\_\_\_\_
  17. Red meats, offal, and fish, also devied from animals that eat plants. **T (zoochmeicals)**
- A. allium sulphur compounds – leeks, onions and garlic

- B. anthocyanins – eggplant, grapes and berries
- C. beta-carotene – pumpkin, mangoes, apricots, carrots, spinach and parsley
- D. catechins – red wine and tea
- E. copper – seafood, lean meat, milk and nuts
- F. cryptoxanthins – red capsicum, pumpkin and mangoes
- G. flavonoids – tea, green tea, citrus fruits, red wine, onion and apples
- H. indoles – cruciferous vegetables such as broccoli, cabbage and cauliflower
- I. isoflavonoids – soybeans, tofu, lentils, peas and milk
- J. lignans – sesame seeds, bran, whole grains and vegetables
- K. lutein – green, leafy vegetables like spinach, and corn
- L. lycopene – tomatoes, pink grapefruit and watermelon
- M. manganese – seafood, lean meat, milk and nuts
- N. polyphenols – thyme and oregano
- O. selenium – seafood, offal, lean meat and whole grains
- P. vitamin A – liver, sweet potatoes, carrots, milk, and egg yolks
- Q. vitamin C – oranges, blackcurrants, kiwifruit, mangoes, broccoli, spinach, capsicum and strawberries
- R. vitamin E – vegetable oils (such as wheatgerm oil), avocados, nuts, seeds and whole grains
- S. zinc – seafood, lean meat, milk and nuts
- T. zoochemicals – red meat, offal and fish. Also derived from the plants that animals eat.

What are the functions of antioxidants?

- a. To fight free radicals, this can protect the body from cancer.
- b. To inhibit oxidation.
- c. To build up body tissues
- d. To provide a quick source of energy for the body.
- e. To store energy in the body.
- f. A and B**

True or false? Certain foods can boost the immune system.

- c. True
- d. False**

**No one food can boost the immune system, Healthy eating can help the immune system function optimally.**

True or false? Probiotics are the healthy gut bacteria you possess in your body to help fight off infection and disease.

- a. **True**
- b. False

True or false? You can build up the probiotics in your body by eating certain food.

- a. True**
- b. False

True or false? Allergies and inflammation are related to the immune system.

- a. **True**
- b. False