

Name: _____ Date: _____

Answer Key: Sizzling Super-Chef Challenge for Pre-K Foodies

Synthesize knowledge of plant growth and rainbow eating to design a perfect garden plate in this advanced foundational assessment.

1. If you are building a 'Rainbow Plate' for a dinosaur who needs to see in the dark, which crunchy vegetable should you add?

Answer: A) Bright orange carrots

Carrots are rich in Vitamin A, which is a nutrient that helps our eyes stay healthy so we can see better.

2. To help your muscles grow big and strong like a superhero, you should eat foods like ____.

Answer: B) Hard-boiled eggs

Eggs contain protein, which acts as a building block for growing muscles and repairing the body.

3. Drinking plain water is like giving your body a refreshing 'bath' from the inside to keep it running smoothly.

Answer: A) True

Water is essential for hydration, helping move nutrients through the body and keeping us cool.

4. Imagine you are a farmer. Which of these comes directly from a plant in the ground and gives you energy to run?

Answer: B) A shiny red apple

Fruit like apples are 'anytime foods' that come from nature and provide healthy sugars for energy.

5. If your plate is only the color beige, you are missing 'Glow Foods.' You should add ____ to make your plate shine.

Answer: C) Green steamed edamame

Colorful vegetables like edamame provide vitamins that help skin, hair, and eyes 'glow' with health.

6. Your teeth and bones are like the 'bricks' of your body. Which drink helps keep those bricks very strong?

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Answer: B) Cold milk

Milk contains calcium, which is a mineral that strengthens the skeletal system and tooth enamel.

7. Eating a variety of different colored foods is a 'secret code' for getting all the vitamins your body needs.

Answer: A) True

Different colors in fruits and vegetables usually represent different types of essential phytonutrients.

8. When we feel 'slow' or tired, our body's 'gas tank' might be empty. We can refill it with ____.

Answer: B) Steel-cut oatmeal

Whole grains like oatmeal provide complex carbohydrates that give the body long-lasting fuel.

9. If you could design a 'Brain-Power Breakfast,' which of these combinations would help you think best at school?

Answer: B) Blueberries and yogurt

The combination of antioxidants in berries and protein in yogurt supports cognitive function and focus.

10. Our tummies tell us when they are full, and it is important to listen to them so we don't feel sick.

Answer: A) True

Recognizing satiety signals is a key part of healthy eating and maintaining proper portion control.