

Name: _____

Date: _____

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?

- A. Bright orange carrots
- B. White marshmallows
- C. Brown chocolate
- D. Yellow french fries

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

- A. Lollipops
- B. Hard-boiled eggs
- C. Ice cubes
- D. Potato chips

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

- A. True
- B. False

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

- A. A slice of cheese
- B. A shiny red apple
- C. A fizzy grape soda
- D. A gummy bear

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

- A. More salty crackers
- B. A plain piece of bread
- C. Green steamed edamame
- D. A scoop of white rice

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

- A. Fruit punch
- B. Cold milk

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- C. Iced tea
- D. Lemonade

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

- A. True
- B. False

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

- A. A nap only
- B. Steel-cut oatmeal
- C. A plastic toy
- D. Salty popcorn

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

- A. Cookies and a juice box
- B. Blueberries and yogurt
- C. Just a bowl of sugar
- D. Cotton candy

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

- A. True
- B. False