

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Answer Key: Rainbow Fuel: A Bright 1st Grade Nutrition Quiz

Young learners identify healthy fuel sources and sort mealtime essentials through basic recall to build the foundation for lifelong wellness habits.

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**1. Which of these is a crunchy vegetable that helps our teeth stay strong?**

**Answer:** B) Carrot sticks

Carrots are a healthy vegetable that provides vitamins and a healthy crunch for our bodies.

**2. Drinking water is the best way to keep our bodies hydrated.**

**Answer:** A) True

Water is essential for every part of our body to work correctly and stay cool.

**3. Eggs and beans belong to the \_\_\_\_\_ group, which helps our muscles grow.**

**Answer:** C) Protein

The protein group includes foods like eggs, beans, and meat that build strong muscles.

**4. Which snack is a healthy choice from the fruit group?**

**Answer:** B) A red apple

Apples are a whole fruit that gives us fiber and natural energy.

**5. Eating a variety of different colored foods on your plate is a healthy habit.**

**Answer:** A) True

Different colored fruits and vegetables provide different vitamins that our bodies need.

**6. Which of these is a dairy food that helps our bones grow tall?**

**Answer:** B) Milk

Milk contains calcium, which is a mineral that makes our bones and teeth very strong.

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**7. Oatmeal and brown bread are part of the \_\_\_\_\_ group that gives us energy to play.**

**Answer:** B) Grain

Grains like oats and wheat provide the fuel our brains and bodies need for a long day of school.

**8. Cookies should be the biggest part of every meal.**

**Answer:** B) False

Cookies are 'sometimes' foods; fruits and vegetables should take up more space on our plates.

**9. What is the best thing to do before you eat your healthy meal?**

**Answer:** B) Wash your hands

Washing your hands with soap keeps germs away from your food and keeps you healthy.

**10. A \_\_\_\_\_ plate has a mix of different food groups to keep us balanced.**

**Answer:** C) Healthy

A healthy plate includes portions of fruits, vegetables, grains, and proteins.