

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.

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.

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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.