

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

## **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?**

- A. Cupcake
- B. Carrot sticks
- C. Chocolate bar
- D. Potato chips

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

- A. True
- B. False

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

- A. Fruit
- B. Candy
- C. Protein
- D. Salty

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

- A. A slice of pizza
- B. A red apple
- C. A bag of pretzels
- D. A scoop of ice cream

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

- A. True
- B. False

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

- A. Orange juice
- B. Milk
- C. Green beans
- D. Bread

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

- A. Vegetable
- B. Grain
- C. Sugar

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

D. Dairy

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

- A. True
- B. False

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

- A. Go to sleep
- B. Wash your hands
- C. Run a race
- D. Watch a movie

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

- A. Salty
- B. Empty
- C. Healthy
- D. Blue