

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