

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

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

## Answer Key: Operation Kitchen Rescue: Pre-K Healthy Eating Training

Preschoolers categorize grocery items and predict growth outcomes through application-based sorting exercises that strengthen decision-making skills.

### 1. If you want to be a strong superhero, which snack gives your body the best power to grow?

**Answer:** A) Crunchy carrot sticks

Carrots are vegetables that provide vitamins to help your body grow strong and stay healthy.

### 2. True or False: Eating a bright red bell pepper helps your body more than eating a red fruit snack.

**Answer:** A) True

Real plants like bell peppers have nutrients your body needs, while fruit snacks often have a lot of added sugar.

### 3. To keep your heart beating strong while you run and play, it is best to drink a glass of \_\_\_\_.

**Answer:** A) Cold water

Water is the best choice for hydration and heart health because it has no extra sugar or chemicals.

### 4. Look at these four foods. Which one grew in a garden or on a tree?

**Answer:** B) A green apple

Apples are whole foods that grow on trees and are full of fiber and vitamins.

### 5. True or False: A plate with many different colors, like green, orange, and purple, is usually very healthy.

**Answer:** A) True

Different colors in vegetables and fruits represent different nutrients that help different parts of your body.

### 6. If you are feeling very tired during art class, which food would help wake up your brain?

**Answer:** A) A handful of walnuts

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

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

Nuts contain healthy fats that are great for brain power and long-lasting energy.

**7. When we eat, we should fill half of our plate with \_\_\_ to help us stay strong.**

**Answer:** A) Fruits and vegetables

Modern health guidelines suggest that half of every meal should be colorful plants.

**8. Which of these is a 'sometimes' food that we should only eat a little bit of?**

**Answer:** A) A slice of birthday cake

Cake is high in sugar and low in nutrients, so it is best kept as a special treat.

**9. True or False: Your stomach feels better when you eat very slowly and listen to when it is full.**

**Answer:** A) True

Mindful eating helps you recognize when your body has had enough food.

**10. To help our muscles grow after playing at the park, we can eat \_\_\_.**

**Answer:** A) Hard-boiled eggs

Eggs are a great source of protein, which is the building block for growing muscles.