

Name: _____ Date: _____

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?

- A. Crunchy carrot sticks
- B. A salty potato chip
- C. A piece of hard candy
- D. A sugary soda

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

- A. True
- B. False

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

- A. Cold water
- B. Sweet lemonade
- C. Grape soda
- D. Chocolate milkshake

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

- A. A slice of cheese
- B. A green apple
- C. A piece of ham
- D. A bowl of crackers

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

- A. True
- B. False

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

- A. A handful of walnuts
- B. A giant marshmallow
- C. A greasy doughnut
- D. A lollipop

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

- A. Fruits and vegetables
- B. Bread and butter

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- C. Cookies and cake
- D. Nuggets and fries

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

- A. A slice of birthday cake
- B. A bowl of blueberries
- C. A cup of plain yogurt
- D. A piece of steamed fish

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

- A. True
- B. False

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

- A. Hard-boiled eggs
- B. Fruit-flavored ice
- C. Salted pretzels
- D. Gummy bears