

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

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

## Answer Key: Smart Snacks Quiz for 3rd Graders

Identify better food swaps and essential nutrient sources through mixed-format questions designed to build healthy habits early.

### 1. Which of these snacks gives your body long-lasting energy for playing at recess?

**Answer:** B) Oatmeal with sliced bananas

Oatmeal and bananas contain complex carbohydrates and fiber that provide steady energy rather than a quick sugar crash.

### 2. Drinking plenty of water helps your brain focus better in school.

**Answer:** A) True

Staying hydrated is essential for brain function and keeping your energy levels up throughout the day.

### 3. Protein is the nutrient that helps your \_\_\_\_\_ grow strong after you run or play sports.

**Answer:** B) Muscles

Protein acts like building blocks for the body, repairing and strengthening muscle tissue.

### 4. If you want to keep your heart healthy, which food is an 'everyday' choice instead of a 'sometimes' choice?

**Answer:** B) Fresh blueberries

Fruit like blueberries are high in vitamins and fiber, making them an excellent choice for daily heart health.

### 5. Foods that are very brightly colored by machines, like neon cereal, are usually the healthiest.

**Answer:** B) False

Naturally colorful foods like bell peppers and carrots are healthy, but artificial colors often mean the food is highly processed.

### 6. Calcium is a mineral found in milk and broccoli that is famous for making your \_\_\_\_\_ very hard and strong.

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**Answer:** B) Bones

Calcium is the primary mineral stored in our bones to provide structure and strength.

**7. Which of these is the best way to make a 'balanced' plate at dinner?**

**Answer:** C) Putting different colors of veggies on half the plate

Health guidelines recommend making half your plate fruits and vegetables to get a variety of nutrients.

**8. Instead of drinking a sugary soda, a much healthier drink choice is \_\_\_\_\_.**

**Answer:** C) Low-fat milk

Milk provides protein and calcium without the excessive added sugars found in sodas.

**9. Eating a variety of different colored vegetables is better than eating only one kind.**

**Answer:** A) True

Different colors in vegetables often represent different vitamins that your body needs to stay healthy.

**10. What is a healthy 'swap' for a dessert if you are craving something sweet?**

**Answer:** A) A bowl of fresh melon chunks

Fruit contains natural sugars along with fiber and vitamins, making it a better choice than processed sweets.