

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.