

Name: _____ Date: _____

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?

- A. A colorful bag of gummy bears
- B. Oatmeal with sliced bananas
- C. A salty bag of potato chips
- D. A glass of lemon-lime soda

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

- A. True
- B. False

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

- A. Tears
- B. Muscles
- C. Ears
- D. Clothes

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

- A. Double pepperoni pizza
- B. Fresh blueberries
- C. Chocolate frosted donuts
- D. Fried chicken nuggets

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

- A. True
- B. False

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

- A. Hair
- B. Bones
- C. Toenails
- D. Skin

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

- A. Filling the whole plate with white bread

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- B. Having only a large bowl of plain corn
- C. Putting different colors of veggies on half the plate
- D. Eating only the meat and skipping the rest

8. Instead of drinking a sugary soda, a much healthier drink choice is _____.

- A. Fruit punch
- B. Energy drinks
- C. Low-fat milk
- D. Sweetened tea

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

- A. True
- B. False

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

- A. A bowl of fresh melon chunks
- B. A large slice of fudge cake
- C. Three glazed donuts
- D. A king-size candy bar