

Name: _____ **Date:** _____

Bento Box Builders: Kindergarten Nutrition Ninjas Quiz

Young learners design a balanced meal by categorizing 10 food items to build energy and strong muscles.

1. Imagine you are building a 'Sunshine Plate.' To help your muscles grow big and strong after playing tag, which food is the best 'building block' to add?

- A. A hard-boiled egg
- B. A slice of cucumber
- C. A piece of white bread
- D. A cup of water

2. If you want your body to have 'Long-Lasting Zoom' (energy) to play all afternoon, you should pick ____ instead of a sugary cookie.

- A. Ice cream
- B. Oatmeal with berries
- C. A fruit roll-up
- D. A lollipop

3. True or False: To make a 'Rainbow Plate,' you must have at least three different colors of vegetables to get different vitamins.

- A. True
- B. False

4. You are a 'Bone Architect.' Which drink should you choose to make your teeth and bones as strong as a skyscraper?

- A. Apple juice
- B. Grape soda
- C. A glass of milk
- D. Iced tea

5. When you feel thirsty after running, your body is a 'Wilting Plant.' The best way to 'water' your body is to drink ____.

- A. Chocolate milk
- B. Plain water
- C. Orange juice
- D. Lemonade

6. True or False: Eating a giant pile of only carrots for dinner is a 'Balanced Meal' because carrots are healthy.

- A. True
- B. False

Name: _____ **Date:** _____

7. If you want to keep your 'Tummy Engine' running smoothly so you don't get a stomach ache, which 'Fuzzy Friend' food has the most fiber?

- A. A pear with the skin on
- B. A piece of cheese
- C. A spoonful of honey
- D. A slice of turkey

8. To create a 'Brain Power' snack, you should pair a sliced apple with ____ because it has healthy fats for your mind.

- A. Marshmallows
- B. Pretzels
- C. Sunflower seed butter
- D. Fruit snacks

9. You are at a birthday party. Which choice shows you are a 'Smart Selector' who cares about your heart?

- A. Eating five pieces of cake
- B. Having a small slice of cake and some strawberries
- C. Drinking three cups of fruit punch
- D. Only eating the frosting off the cake

10. True or False: Your plate should look like a 'Pizza Pie' where the colorful vegetables take up half of the whole space.

- A. True
- B. False