

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.

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**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

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**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