

Name: _____ Date: _____

Answer Key: Nutrition Knight Quest: Save the Kingdom of Health (Grade 2)

Rising chefs analyze food labels and design balanced meals to fuel high-energy activities in this advanced healthy habits challenge.

1. Scenario: Leo is training for a 1-mile race. He wants to eat something that gives him 'long-lasting' energy instead of a quick sugar crash. Which should he choose?

Answer: B) Oatmeal with sliced bananas and walnuts

Oatmeal is a complex carbohydrate that provides sustained energy, unlike sugary snacks which cause an energy spike and then a crash.

2. True or False: A scientist studying nutrition would agree that drinking fruit juice is exactly the same for your body as eating a whole piece of fruit.

Answer: B) False

False. Whole fruits contain fiber, which helps your digestion and keeps you full longer, while juice often removes the fiber and concentrates the sugar.

3. If a food label says a snack has 0 grams of fiber and 30 grams of sugar, it is likely a _____ food.

Answer: C) Highly processed

Highly processed foods often have natural nutrients like fiber removed and large amounts of sugar added.

4. Maya is building a 'Super Salad.' She has spinach (leafy green) and carrots (crunchy veg). What should she add to make it a COMPLETE meal with protein and healthy fats?

Answer: C) Black beans and avocado slices

Black beans provide protein for muscles, and avocado provides healthy fats for brain health, making the salad a balanced meal.

5. True or False: Your body uses the minerals found in foods like lentils and seeds to help build strong teeth and move your muscles.

Answer: A) True

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True. Minerals like magnesium and iron found in seeds and legumes are essential for physical functions like muscle movement.

6. To keep your 'internal engine' running smoothly and prevent your brain from feeling foggy, the most important drink is _____.

Answer: B) Plain water

Water is essential for every body function, including thinking clearly and staying hydrated without added chemicals or sugar.

7. Which of these breakfast choices shows the best 'evaluation' of a healthy start for a student who has a big math test?

Answer: C) Scrambled eggs on whole-grain toast

Eggs provide protein for focus, and whole-grain toast provides steady energy, which is the best combination for mental tasks.

8. True or False: 'Natural' flavors on a food package always mean the food is a healthy choice for your body.

Answer: B) False

False. Words like 'natural' can be misleading; you must look at the sugar, salt, and vitamin content to know if it is truly healthy.

9. Eating a 'rainbow' of vegetables is important because different colors usually mean the food has different _____.

Answer: B) Vitamins and minerals

Different colored plants (like purple cabbage vs. orange peppers) contain different sets of phytonutrients that help the body in various ways.

10. Look at these four snacks. Which one is the most 'nutrient-dense' (most vitamins for the smallest amount of junk)?

Answer: B) A cup of plain Greek yogurt with blueberries

Greek yogurt provides protein and calcium, while blueberries provide antioxidants, making it a high-value nutrient choice.