

Name: _____ Date: _____

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?

- A. A bowl of fruity cereal with extra sugar
- B. Oatmeal with sliced bananas and walnuts
- C. A chocolate bar and a glass of soda
- D. A bag of salty potato chips

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.

- A. True
- B. False

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

- A. Nutrient-dense
- B. High-protein
- C. Highly processed
- D. Heart-healthy

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?

- A. Extra lettuce and cucumbers
- B. Croutons and ranch dressing
- C. Black beans and avocado slices
- D. An apple and a pear

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.

- A. True
- B. False

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

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

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

- A. Skipping breakfast to save time
- B. A donut because it has energy-giving sugar
- C. Scrambled eggs on whole-grain toast
- D. A large bag of fruit-flavored gummies

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

- A. True
- B. False

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

- A. Amount of seeds
- B. Vitamins and minerals
- C. Weight and size
- D. Cooking times

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

- A. A small bag of pretzels
- B. A cup of plain Greek yogurt with blueberries
- C. A vanilla cupcake with frosting
- D. A piece of white bread with butter