

**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

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**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