

Name: _____

Date: _____

Answer Key: Sizzling Super-Chef Challenge: 1st Grade Healthy Plate Pro Quiz

Evaluate 10 complex food scenarios by choosing the best fuel for muscle growth, dental health, and long-lasting energy.

1. Leo is running a long race. His body needs 'slow-burning' fuel so he doesn't get tired. Which breakfast is the smartest choice for long-lasting energy?

Answer: B) Oatmeal with sliced bananas

Oatmeal and fruit provide complex carbohydrates and fiber, which release energy slowly to keep Leo running longer than sugary snacks.

2. True or False: If a food comes in a bright, shiny package with a cartoon on it, that always means it is the healthiest choice for your body.

Answer: B) False

Packaging is designed to look fun, but we must evaluate the actual food inside—like fresh fruits or veggies—which often have no packaging at all.

3. Sarah wants to help her muscles grow strong after climbing at the park. She should choose a snack high in _____.

Answer: C) Protein

Protein from foods like eggs, beans, or nuts acts like 'building blocks' to repair and grow strong muscles.

4. Look at these four lunch plates. Which one follows the 'Rainbow Rule' by including many different vitamins?

Answer: C) Black beans, orange peppers, and green spinach

A variety of colors (black, orange, green) usually means a wider range of different vitamins and minerals for the body.

5. Drinking _____ is the best way to keep your brain hydrated and focused without adding extra sugar to your day.

Answer: B) Water

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Water is the essential fluid our bodies need to function perfectly without the 'sugar crash' caused by juice or soda.

6. True or False: Eating a variety of different foods is better for you than eating the exact same 'healthy' food for every single meal.

Answer: A) True

No single food has every single nutrient. Eating a variety ensures your body gets everything it needs to stay healthy.

7. Maya is at a birthday party. She wants to be healthy but also wants a treat. What is the most balanced way for her to 'evaluate' her choices?

Answer: B) Have a small piece of cake and some fresh strawberries

Balance means enjoying a small treat while still fueling your body with nutrient-dense options like fruit.

8. A snack of crunchy carrot sticks helps keep our _____ clean and strong because of the way they are chewed.

Answer: B) Teeth

Crunchy vegetables act like a natural toothbrush and contain vitamins that strengthen the enamel on our teeth.

9. If you want to have a 'Sizzling Brain' that is ready to learn math, which snack provides the best 'brain power'?

Answer: A) Walnuts and blueberries

Nuts and berries contain healthy fats and antioxidants that specifically support brain function and memory.

10. True or False: Your body needs more 'fuel' (food) on a day when you are playing soccer than on a day when you are sitting still watching movies.

Answer: A) True

When we are active, our bodies 'burn' more energy, so we need to provide more healthy fuel to keep going.