

Name: _____ **Date:** _____

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?

- A. A bowl of colorful sugary cereal
- B. Oatmeal with sliced bananas
- C. A glazed donut
- D. A bag of salty potato chips

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.

- A. True
- B. False

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

- A. Sugar
- B. Salt
- C. Protein
- D. Oil

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

- A. White rice, white bread, and cauliflower
- B. Chicken nuggets, french fries, and corn
- C. Black beans, orange peppers, and green spinach
- D. Cheese pizza and a cup of milk

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

- A. Grape soda
- B. Water
- C. Fruit punch
- D. Sweet tea

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.

- A. True

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B. False

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?

- A. Eat only the cake frosting and nothing else
- B. Have a small piece of cake and some fresh strawberries
- C. Eat five pieces of cake since it is a party
- D. Do not eat anything at all

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

- A. Ears
- B. Teeth
- C. Hair
- D. Toes

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

- A. Walnuts and blueberries
- B. A bag of gummy worms
- C. A salty pretzel
- D. A lollipop

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.

- A. True
- B. False