

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

## Answer Key: Fuel Your Preschool Engine: A Healthy Eating Quiz

Identify crunchy snacks and growing foods across 10 fun questions. Go beyond simple 'yum' or 'yuck' to recognize how colors and water help your body.

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### 1. Which of these crunchy snacks grows on a tree?

**Answer:** A) A red apple

Apples are a healthy fruit that grow on trees, while the other snacks are made in a factory.

### 2. Drinking water helps your body stay hydrated and happy.

**Answer:** A) True

Water is the best drink to help your body work and play all day long.

### 3. To stay strong, I should eat a \_\_\_\_ every day with my dinner.

**Answer:** A) Green vegetable

Vegetables like broccoli or green beans give your body the vitamins it needs to grow.

### 4. Which food comes from a cow and helps make your bones strong?

**Answer:** B) Cold milk

Milk contains calcium, which is like a building block for strong, healthy bones.

### 5. Eating a colorful plate of food is like eating a rainbow of health.

**Answer:** A) True

Different colors of vegetables and fruits provide different nutrients for your body.

### 6. A hard-boiled \_\_\_\_ is a great snack that provides protein for muscles.

**Answer:** C) Egg

Eggs are a healthy source of protein that helps your muscles grow.

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**7. When you are hungry between meals, what is the 'healthiest' choice?**

**Answer:** B) Blueberries

Fruit like blueberries are naturally sweet and much better for your body than candy.

**8. You should only eat carrots and never try any other vegetables.**

**Answer:** B) False

It is important to try many different kinds of food to get all the vitamins your body needs.

**9. Before we eat our healthy food, we must always wash our \_\_\_\_.**

**Answer:** C) Hands

Washing your hands gets rid of germs so you don't get sick while eating.

**10. Which of these is a healthy grain that gives you energy to run?**

**Answer:** A) Oatmeal

Oatmeal is a whole grain that acts like slow-burning fuel for your body to move and play.