

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.

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.