

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

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

## 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?**

- A. A red apple
- B. A cheese cracker
- C. A chocolate cookie
- D. Potato chips

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

- A. True
- B. False

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

- A. Green vegetable
- B. Salty pretzel
- C. Candy bar
- D. Paper napkin

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

- A. Orange juice
- B. Cold milk
- C. Sweet lemonade
- D. Apple cider

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

- A. True
- B. False

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

- A. Marshmallow
- B. Gummy bear
- C. Egg
- D. Ice cube

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

- A. A lollipop
- B. Blueberries
- C. A bag of sprinkles

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D. Cake

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

- A. True
- B. False

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

- A. Shoes
- B. Toys
- C. Hands
- D. Backpacks

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

- A. Oatmeal
- B. Ice cream
- C. Butter
- D. Soda