

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.

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

Name: _____ **Date:** _____

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