

Name: _____ Date: _____

Answer Key: Chef Dino's Healthy Plate Challenge for 2nd Grade

Identify energy-boosting snacks and bone-building minerals to help fuel a prehistoric soccer match while learning basic food group sorting.

1. Which of these foods helps our muscles grow strong after we play at recess?

Answer: A) Hard-boiled eggs

Protein from foods like eggs acts like building blocks to help our muscles grow and stay strong.

2. Eating a variety of different colored vegetables helps your body get different vitamins.

Answer: A) True

Nature color-codes our food! Different colors like orange, green, and red provide different nutrients to keep us healthy.

3. Drinking plenty of _____ helps our bodies stay cool and move nutrients to where they need to go.

Answer: B) Water

Water is the best choice for hydration and helps every part of our body work correctly.

4. Blueberries and raspberries belong to which food group?

Answer: C) Fruits

Blueberries and raspberries are fruits that provide fiber and vitamins.

5. To have a balanced meal, you should fill _____ of your plate with fruits and vegetables.

Answer: C) Half

Putting fruits and veggies on half of your plate ensures you get plenty of vitamins and minerals.

6. Your body needs food to have the energy to run and jump.

Answer: A) True

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Food is like fuel for our bodies; it gives us the power to move and play.

7. Which of these is a healthy snack to choose when you are hungry after school?

Answer: C) Apple slices with peanut butter

Apple slices and peanut butter give you long-lasting energy and healthy nutrients without too much sugar.

8. Oatmeal and whole-wheat bread belong to the ____ food group.

Answer: B) Grain

Grains like oats and wheat give us the fiber and energy we need to focus in school.

9. Which food comes from the dairy group and helps make our bones very strong?

Answer: A) Cheese

Dairy products like cheese and milk contain calcium, which is a mineral that builds strong bones.

10. Sweets like cookies and soda give your body all the vitamins it needs to grow.

Answer: B) False

While sweets can be tasty once in a while, they do not have the vitamins and minerals our bodies need to grow properly.