

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

## **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.

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

- A. Hard-boiled eggs
- B. Lollipop
- C. Potato chips
- D. Fruit punch

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

- A. True
- B. False

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

- A. Apple juice
- B. Water
- C. Chocolate milk
- D. Lemonade

**4. Blueberries and raspberries belong to which food group?**

- A. Grains
- B. Dairy
- C. Fruits
- D. Proteins

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

- A. All
- B. None
- C. Half
- D. A tiny bit

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

- A. True
- B. False

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

- A. A bowl of candy
- B. Deep-fried donuts
- C. Apple slices with peanut butter

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

D. A salty bag of marshmallows

**8. Oatmeal and whole-wheat bread belong to the \_\_\_\_\_ food group.**

- A. Vegetable
- B. Grain
- C. Meat
- D. Candy

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

- A. Cheese
- B. Carrots
- C. Peanut butter
- D. Bread

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

- A. True
- B. False