

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

## Answer Key: Nail Nutritious Nibbles: Pre-K Nutrition Knowledge

Can you outsmart a hungry tummy? Toddlers analyze complex food scenarios to determine which snacks provide sustainable energy for playground play.

**1. Benny the Bear is feeling very sleepy and slow, but he wants to run a race. Which 'Go Food' should he choose to give his body long-lasting energy?**

**Answer:** B) A slow-cooked bowl of oatmeal with berries

Whole grains like oatmeal provide steady energy that lasts a long time, whereas sugary snacks cause an energy crash.

**2. A lunch plate that is only brown (like bread and nuggets) is better for your brain than a plate with five different colors.**

**Answer:** B) False

Different colors in food usually mean different vitamins; a 'rainbow' plate helps the brain and body work better than a single-color meal.

**3. If you want to grow strong muscles like a superhero, you should add \_\_\_ to your plate.**

**Answer:** B) Lentils or beans

Lentils and beans are high in protein, which is the specific building block the body uses to repair and grow muscles.

**4. Sally is thirsty after playing outside. Which drink will help her body stay hydrated without adding 'hidden' sugar?**

**Answer:** A) A cold bottle of water

Water is the best way to hydrate the body because it contains no added sugars or chemicals that make the heart race.

**5. To keep our hearts happy and our blood moving well, we should try to eat fats from \_\_\_.**

**Answer:** C) Green avocados

Avocados contain 'healthy fats' that support heart health and brain development, unlike the fats found in fried sweets.

**6. Eating a whole apple is better for your tummy than drinking a glass of apple juice because the whole fruit has fiber.**

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**Answer:** A) True

Fiber, found in the skin and flesh of the fruit, helps digestion and keeps you feeling full longer than juice does.

**7. Leo is looking at two snacks: a bag of pretzels or a handful of walnuts. Why might the walnuts be a 'smarter' choice for his brain?**

**Answer:** B) Because they have brain-building Omega-3s

Walnuts contain specific nutrients (Omega-3s) that act like 'brain fuel,' whereas pretzels are mostly simple carbs.

**8. When we feel full, our brain sends a signal. This means we should \_\_\_\_.**

**Answer:** C) Stop eating

Listening to 'fullness cues' is a key part of healthy eating—it helps prevent overeating and stomach aches.

**9. It is okay to eat 'sometimes foods' like cake every single day for breakfast, lunch, and dinner.**

**Answer:** B) False

'Sometimes foods' lack the vitamins we need to grow; eating them constantly would make our bodies feel weak.

**10. If you are designing a 'Power Plate' specifically for a friend who wants to have strong bones for jumping, what must you include?**

**Answer:** B) Dark leafy greens like spinach

Leafy greens contain calcium and vitamins that strengthen bones, which is essential for physical activities like jumping.