

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

## 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.

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**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?**

- A. A bowl of colorful sugary cereal
- B. A slow-cooked bowl of oatmeal with berries
- C. A bag of salty potato chips
- D. A sticky lollipop

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

- A. True
- B. False

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

- A. Extra butter
- B. Lentils or beans
- C. Fruit juice
- D. Plain white crackers

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

- A. A cold bottle of water
- B. A grape-flavored soda
- C. Sparkling fruit punch
- D. A sweet energy drink

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

- A. Fried donuts
- B. Creamy frosting
- C. Green avocados
- D. Greasy bacon

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

- A. True
- B. False

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**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?**

- A. Because they are crunchier
- B. Because they have brain-building Omega-3s
- C. Because they are more salty
- D. Because they are easier to chew

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

- A. Eat faster
- B. Ask for dessert
- C. Stop eating
- D. Wait for more food

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

- A. True
- B. False

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

- A. A slice of white cake
- B. Dark leafy greens like spinach
- C. A cup of honey
- D. A piece of white toast