

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.

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