



Quiz Time

1. What do you pick first from your lunchbox?

- A) The cookie or sweet treat
- B) The colourful fruits or crunchy veggies
- C) The sandwich or wrap
- D) The mystery food I've never tried before!





Quiz Time

2. What's your favourite thing to help with in the kitchen?

A) Licking the spoon

B) Washing fruit or preparing veggies

C) Making sandwiches or cutting with kid-safe tools

D) Smelling herbs and spices and touching all the ingredients!

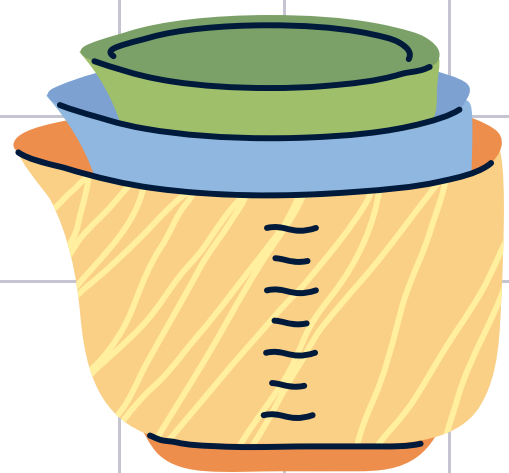




Quiz Time

3. If you could eat just one thing every day, what would it be?

- A) If you could eat just one thing every day, what would it be?
- B) Strawberries, cucumbers, or rainbow salad
- C) A different sandwich or wrap each day
- D) Something brand new each time – surprise me!





Quiz Time

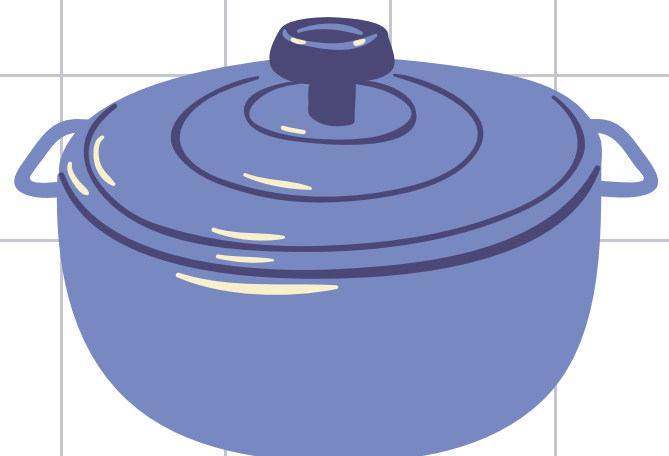
4. What's the BEST thing about food?

A) When it's sweet or a bit of a treat

B) All the different colours

C) When I can make it myself
dwich or wrap

D) When it feels squishy, smells funny, or tastes totally new





Quiz Time

5. Which word sounds most like you?

A) Sweet

B) Bright

C) Creative

D) Curious





Quiz Time

What's your result?




Mostly A's: The Sweet Tooth Taster
You love a little treat in your lunchbox and enjoy helping with baking and mixing. You bring joy and sweetness to every bite!



Mostly B's: The Rainbow Picker
You're all about colours and crunch! You love fruit and veggies and noticing all the bright details on your plate



Mostly C's: The Sandwich Pro
You're the one who always has a delicious main! You love making your own food and finding the best combos



Mostly D's: The Sensory Adventurer
You love exploring food with all your senses! You're curious, brave, and always up for something new – even if it smells weird!