

# Test Your Knowledge of Fruits and Vegetables!

Answers are at the bottom of the page, but don't peek before you complete the quiz! 😊

1. About how much of your plate should be fruits and vegetables?

- A. One quarter of the plate
- B. All the plate
- C. One half of the plate
- D. Three quarters of the plate



2. Eating a diet with lots of vegetables and fruit is good for you.

True or False?



3. What vitamin gives carrots and sweet potatoes their orange color?

- A. Vitamin D
- B. Folate
- C. Vitamin A
- D. Vitamin O



4. You should only eat raw vegetables because if you cook vegetables, all the vitamins are "cooked away".

True or False?



5. What color of fruits and vegetable should you eat the most?

- A. Orange – they taste the best
- B. Purple – they are rare and exotic
- C. Green – because kale is green
- D. A variety of colors



Answers:

#1 Answer: C. "Make half your plate fruits and vegetables" is a key nutrition message of MyPlate.

#2 Answer: True. Eating a diet rich in vegetables and fruits may reduce risk for heart disease, protect against certain types of cancer, and help lower caloric intake.

#3 Answer: C. Beta-carotene, a form of vitamin A, gives these foods their orange color, and is also good for eye health, the immune system, and reproduction.

#4 Answer: False. Cooked vegetables contain vitamins, minerals, and fiber and can be very nutritious.

#5 Answer: D. Varying your fruits and veggies ensures you get many different vitamins and minerals.

