Test Your Knowledge of Fruits and Vegetables!

Answers are at the bottom of the page, but don't peak 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

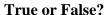




2. Eating a diet with lots of vegetables and fruit is good for you.

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".





- 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.

