

# Fun with fruit and vegetables Quiz

1) Can you recognize the food and drinks below?  
Tick the fruit and vegetables.



2) Tick the fruit and vegetables that are good for us

a) fresh fruit



fresh vegetables



b) frozen Fruit



frozen vegetables



c) dried fruit



dried vegetables



d) tinned fruit



tinned vegetables



e) All of them

3) Tick how many fruit and vegetables we should eat each day?



4) Tick the correct way to measure a portion



A handful



a cup



a spoon

5) Tick the healthy snack



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Quiz – Answers

- 1) Apple, dried apricots, carrots and cauliflower
- 2) All of them
- 3) We should eat at least 5 portions of fruit and vegetables every day.  
We should try to have as many different colours as possible too.
- 4) A portion is approximately a handful
- 5) The grapes and banana are the healthy snack