

1st and 2nd Grade Fruits and Veggies (Lesson #6)

Name: _____

Grade: _____

1. I am getting enough nutrients to be healthy, if I eat only green vegetables and fruits.
A) TRUE B) FALSE
2. Fruits come in many different colors, shapes, sizes, and tastes.
A) TRUE B) FALSE
3. Fiber is important as it helps make us hungry.
A) TRUE B) FALSE

4. Eating a variety of different colors of fruits and veggies helps our... (circle)



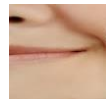
Bones/Muscles
immune system



Eyes



Heart



Skin



Stomach



5. Vegetables are healthier raw than cooked.
A) TRUE B) FALSE

6. Fruits and Veggies can grow...

A) Below the ground B) On trees C) On Bushes D) Vines E) All of These F) None of These

7. Circle below all the "fruits".



ORANGE



BANANA



COCONUT



PEACH



Avocado



Olives



Carrots



Broccoli



APPLE

3rd and 4th Grade Fruits and Veggies (Lesson #6)

Name: _____ Grade: _____

1. Fiber in fruits and vegetables makes us full.
A) **TRUE** B) **FALSE**
2. Our bodies benefit from the vitamins of vegetables and fruits by helping our...
A) **Eye sight** B) **Heart** C) **Bones/Muscles** D) **skin** E) **Stomach** F) **immune system** G) **All of These**
3. I am getting enough nutrients to be healthy, if I eat lots of green vegetables and fruits.
A) **TRUE** B) **FALSE**
4. Which of the following can be classified as having only one color or type?
A) **Apples** B) **Bananas** C) **cabbage** D) **squash** E) **None of these**
5. Vegetables are healthier raw than cooked.
A) **TRUE** B) **FALSE**
6. Eating a variety of colored fruits and veggies allows us to get...
A) **a variety of nutrients and vitamins** C) **enough fiber for the day** E) **All of These**
B) **less sugar** D) **enough active play**
7. Kids 9-13 years old, are recommended to have 1 ½ cups of _____ and 2 to 2 1/2 cups of _____ per day.
A) **Veggies; Fruit** B) **Fruit; Veggies** C) **Fruit; Grains** D) **Veggies; Protein**

5th through 8th Grade Fruits and Veggies (Lesson #6)

Name: _____ Grade: _____

1. Carbohydrates that cannot be digested and are found in plants we eat (fruits/veggies) are known as....
A) **Calcium** B) **Fructose** C) **Fiber** D) **All of these**
2. Our bodies benefit from the vitamins within vegetables and fruits by helping all directly EXCEPT...
A) **Eye sight** B) **Heart** C) **Bones/Muscles** D) **skin** E) **Stomach** F) **immune system** G) **Lungs**
3. All of these are veggies EXCEPT... (Circle all that are NOT)
Olives **carrots** **spinach** **Kale** **Avocado** **Corn** **Eggplant** **Tomato** **Squash**
4. I am getting enough nutrients to be healthy, if I eat lots of green vegetables and fruits.
A) **TRUE** B) **FALSE**
5. Vegetables are healthier raw than cooked.
A) **TRUE** B) **FALSE**

6. Eating a variety of colored fruits and veggies allows us to get...
- A) a variety of nutrients and vitamins** **C) enough fiber for the day** **E) All of These**
B) less sugar **D) enough active play**
7. Kids 9-13 years old, are recommended to have ____ cups of fruit and 2 to 2 1/2 cups of veggies per day.
- A) 1 1/2** **B) 4** **C) 3** **D) 2 1/2**