

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

Name: _____ Grade: _____

1. Fruits come in many different colors, shapes, sizes, and tastes.
A) **TRUE** B) **FALSE**

2. Circle below all the “fruits”.



ORANGE



BANANA



COCONUT



PEACH



Avocado



Olives



Carrots



Broccoli



APPLE



LIME

3. 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**

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



Bones/Muscles



Eyes



Heart



Skin



Stomach



immune system

5. I am getting enough nutrients to be healthy, if I eat only green vegetables and fruits.
A) **TRUE** B) **FALSE**

6. Fiber is important as it helps make us hungry.
A) **TRUE** B) **FALSE**

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

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

Name: _____ Grade: _____

1. 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**
2. 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**
3. 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**
4. I am getting enough nutrients to be healthy, if I eat lots of green vegetables and fruits.
A) **TRUE** B) **FALSE**

