Fruits and Vegetables Quiz

Name:_____Date:_____

Test your knowledge of fruits and vegetables by seeing how many of the following answers you know. ***Circle the correct answer.***

1.   How many seeds are on the outside of a strawberry?

   a) 100 b) 200 c) 300 d) 400

2.   When you eat spinach, what part of the plant are you eating?

   a) Roots b) Stem c) Leaves d) Seed Pod

3.   What is the green, leafy top of a pineapple called?

   a) Crown   B) Tiara c) Hat d) Top

4.   How many plums does it take to make one 5 A Day serving of fruit?

   a) One b) Two c) Three d) Four

5.   What's the most popular fruit in the United States?

   a) Apple b) Orange c) Banana d) Grapes

6.   How long does it take to grow a pineapple?

   a) 6 months b) 12 months c) 18 months d) 24 months

7.   What's the most popular vegetable in the United States?

   a) Broccoli b) Potatoes c) Carrots d) Brussels sprouts

8.   Which state produces the most apples each year?

   a) New York b) California c) Florida d) Washington

9.   When you eat celery, what part of the plant are you eating?

a) Roots b) Stem c) Leaves d) Seed pod

10.   Are tomatoes a fruit or a vegetable?

a) Fruit b) Vegetable

11.   Which U.S. state produces the most grapes?

a) California b) North Dakota c) Oregon d) Texas

12.   How many kernels are on the average ear of corn?

a) 200 b) 400 c) 600 d) 800

13.   What's another name for prunes?

a) Plums b) Pods c) Peeps d) Dried plums

14.   What's the most popular fruit in the world?

a) Banana b) Papaya c) Mango d) Pineapple

15.   Which contains more fiber per serving?

a) Raspberries b) Apples

16.   Which contains more water per serving?

a) Watermelon b) Iceberg Lettuce

17.   Which are the most popular berries in the United States?

a) Raspberries b) Blueberries c) Strawberries d) Blackberries

18.   Which contains the most Vitamin A per serving?

a) Oranges b) Cantaloupe

19.   Which contains more Vitamin A per serving?

a) Sweet Potatoes   b) Carrots

20.   Which contains more Vitamin C per serving?

a) Potatoes b) Broccoli