



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