

## Lunch Crunch 2 Quiz 2

### Healthy or Non-Healthy Side - Answer Key

#### Directions

Fill in or put a check in the box next to the category that best describes each food. You can only check one of the four options: fruit, non-fruit, vegetable, or non-vegetable side item. If it is a non-fruit or non-vegetable side item, briefly explain why it does not count as a fruit or vegetable serving on the line provided.

#### Example: Apple Pie



- Fruit
- Non-Fruit: Not enough apples to count as a fruit, also has sugar.
- Vegetable
- Non-Vegetable: \_\_\_\_\_

#### 1. Fruit Cup



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: \_\_\_\_\_

#### 2. Refried Beans



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: Fried with oil, too much fat and salt



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3. Broccoli Dip



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: \_\_\_\_\_

4. Salsa



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: \_\_\_\_\_

5. Strawberry Sherbet



- Fruit
- Non-Fruit: Not enough strawberries and full of sugar and fat
- Vegetable
- Non-Vegetable: \_\_\_\_\_

6. Mandarin Orange



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: \_\_\_\_\_



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7. Apple Jelly



- Fruit
- Non-Fruit: Just tastes like fruit, full of sugar
- Vegetable
- Non-Vegetable: \_\_\_\_\_

8. Fried Egg Roll



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: Too much fat from fried, may not have enough vegetables

9. Guacamole



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: Too much fat

10. Cooked Carrots



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: \_\_\_\_\_



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11. Apple Slices



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: \_\_\_\_\_

12. Curried Eggplant



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: \_\_\_\_\_

13. Chili Cheese Fries



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: Too high in fat and sodium

14. Strawberry Cheesecake



- Fruit
- Non-Fruit: Not enough strawberries, high in sugar and
- Vegetable
- Non-Vegetable: \_\_\_\_\_



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15. Applesauce



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: \_\_\_\_\_

16. Spanish Rice



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: Not enough vegetables

17. BBQ Baked Beans



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: \_\_\_\_\_

18. Corn on the Cob



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: \_\_\_\_\_



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19. Spinach Dip with Chips

- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: Not enough vegetables



20. Macaroni and Cheese

- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: No vegetables, high in fat



21. Fried Banana Egg Roll

- Fruit
- Non-Fruit: Not enough bananas, high in fat and sugar
- Vegetable
- Non-Vegetable: \_\_\_\_\_



22. Pineapple Chunks

- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: \_\_\_\_\_



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23. Garlic Bread

- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: No vegetables, high in fat \_\_\_\_\_

24. Grilled Zucchini and Squash



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: \_\_\_\_\_

25. Garlic Red Potatoes



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: \_\_\_\_\_

