

Lunch Crunch 2 Quiz 2 Healthy or Non-Healthy Side

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: _____



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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: _____
- Vegetable
- Non-Vegetable: _____

6. Mandarin Orange



- Fruit
- Non-Fruit: _____
- Vegetable
- Non-Vegetable: _____



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7. Apple Jelly



- Fruit
- Non-Fruit: _____
- Vegetable
- Non-Vegetable: _____

8. Fried Egg Roll



- Fruit
- Non-Fruit: _____
- Vegetable
- Non-Vegetable: _____

9. Guacamole



- Fruit
- Non-Fruit: _____
- Vegetable
- Non-Vegetable: _____

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: _____

14. Strawberry Cheesecake



- Fruit
- Non-Fruit: _____
- Vegetable
- Non-Vegetable: _____



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15. Applesauce



- Fruit
- Non-Fruit: _____
- Vegetable
- Non-Vegetable: _____

16. Spanish Rice



- Fruit
- Non-Fruit: _____
- Vegetable
- Non-Vegetable: _____

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: _____



20. Macaroni and Cheese

- Fruit
- Non-Fruit: _____
- Vegetable
- Non-Vegetable: _____



21. Fried Banana Egg Roll

- Fruit
- Non-Fruit: _____
- 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: _____

24. Grilled Zucchini and Squash



- Fruit
- Non-Fruit: _____
- Vegetable
- Non-Vegetable: _____

25. Garlic Red Potatoes



- Fruit
- Non-Fruit: _____
- Vegetable
- Non-Vegetable: _____

