

Brain Gain Quiz 2

Test Your Knowledge

Directions

Circle the correct answer for each question below.

1. What common breakfast food can you add half a cup of strawberries or your favorite fruit to get a serving of fruit?
 - a. Muffin
 - b. Cereal
 - c. Hash browns
2. You are running late for school. What's an easy, on-the-go fruit to eat on your way there?
 - a. Banana chips
 - b. Banana nut muffin
 - c. Banana
3. Which of the following breakfast drinks would help you add a serving of fruit to your breakfast.
 - a. Strawberry milkshake
 - b. Orange drink
 - c. Fruit smoothie
4. Draining and rinsing canned vegetables will help rinse off this.
 - a. Water
 - b. Salt
 - c. Nothing
5. This is the best way to buy canned fruit.
 - a. With heavy syrup
 - b. Packed in its own juice
 - c. Packed in lite syrup
6. An apple the size of a tennis ball is this many servings of fruit.
 - a. $\frac{1}{2}$ serving
 - b. 2 servings
 - c. 1 serving
7. A smoothie with $\frac{1}{2}$ cup of berries has this many servings of fruit.
 - a. $\frac{1}{2}$ serving
 - b. 1 serving
 - c. 2 servings
8. A recipe that calls for $\frac{1}{2}$ cup of black beans and $\frac{1}{2}$ cup of tomatoes is this many servings of vegetables.
 - a. 2 servings
 - b. 1 serving
 - c. $\frac{1}{2}$ serving



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9. You make a wrap that has: 1 cup of raw (uncooked) spinach + 1 cup of sliced cucumbers + $\frac{1}{2}$ cup of cooked pinto beans + 1 tablespoon of low-fat ranch dressing. If you eat half of it, how many servings of vegetables do you get?
 - a. $3\frac{1}{2}$ servings
 - b. $1\frac{1}{2}$ servings
 - c. 2 servings
10. Adding which amount of red, green, or yellow peppers to a pizza will give you a serving of vegetables for dinner.
 - a. $\frac{1}{4}$ cup
 - b. $\frac{1}{2}$ cup
 - c. 1 cup
11. What amount of raisins counts as one serving of fruit?
 - a. 1 cup
 - b. $\frac{1}{2}$ cup
 - c. $\frac{1}{4}$ cup
12. A serving of raw (uncooked) spinach or other leafy green vegetables equals this much.
 - a. $\frac{1}{2}$ cup
 - b. $\frac{3}{4}$ cup
 - c. 1 cup
13. Adding $\frac{1}{4}$ cup of tomatoes to an omelet will give you a serving of vegetables for breakfast.
 - a. True
 - b. False
14. If your smoothie calls for strawberries and you only have peaches, you can use peaches instead.
 - a. True
 - b. False
15. You are trying to eat five fruits and vegetables a day--one at breakfast, two at lunch, and two at dinner. If you forget to eat fruit or vegetables for breakfast, you can still meet your challenge by eating a fruit or vegetable at another time that day.
 - a. True
 - b. False
16. Frozen vegetables are just as healthy as fresh vegetables.
 - a. True
 - b. False
17. French fries or Onion rings count as vegetables.
 - a. True
 - b. False
18. 1 cup of peach cobbler is a serving of fruit.
 - a. True
 - b. False

