

## Brain Gain Quiz 2

### Test Your Knowledge – Answer Key

#### 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**

