

## Lunch Crunch Quiz 2

### FV or Non-FV – 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. If it is a non-fruit or non-vegetable, briefly explain why it does not count as a fruit or vegetable serving on the line provided.

#### Example:



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

1.



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

2.



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



## Lunch Crunch Quiz 2

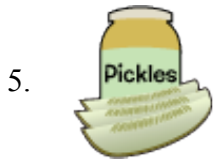
### FV or Non-FV – Answer Key



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



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



- Fruit
- Non-Fruit: Made from cucumber but too much salt
- Vegetable
- Non-Vegetable: \_\_\_\_\_



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



## Lunch Crunch Quiz 2

### FV or Non-FV – Answer Key



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



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: Too much fat from mayo, not enough vegetables



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



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



## Lunch Crunch Quiz 2

### FV or Non-FV – Answer Key

11.



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

12.



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

13.



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

14.



- Fruit
- Non-Fruit: Contains an apple but covered in sugary candy coating
- Vegetable
- Non-Vegetable: \_\_\_\_\_



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### FV or Non-FV – Answer Key

15.



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

16.



- Fruit
- Non-Fruit: Too much sugar, fruit must be packing in water, juice, or lite syrup
- Vegetable
- Non-Vegetable: \_\_\_\_\_

17.



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

18.



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



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### FV or Non-FV - Answer Key



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



- Fruit
- Non-Fruit: Not enough fruit (raisins), too much sugar
- Vegetable
- Non-Vegetable: \_\_\_\_\_



- Fruit
- Non-Fruit: Not enough fruit (blueberries), too much sugar
- Vegetable
- Non-Vegetable: \_\_\_\_\_



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



## Lunch Crunch Quiz 2

### FV or Non-FV - Answer Key



- Fruit
- Non-Fruit: \_\_\_\_\_
- Vegetable
- Non-Vegetable: Too high in fat (milk, butter, and gravy)



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



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

