A Variety of Fruits and Vegetables

Name: ______________________________________    Date: __________________

Circle the correct answer below to see how much you know about eating a variety of fruits & vegetables.

1. A variety means having different:
   a. shapes
   b. colors
   c. sizes
   d. all of the above

2. Jason has a banana, orange, tomato, and lettuce. Which of the following should he choose for the most variety?
   apple  blueberries  broccoli

3. If Jason has green beans, lettuce, cucumber, and peas all in one day, is he eating a variety?
   YES  NO
   -Why or why not? ________________________________________________________
   __________________________________________________________________________

4. List the fruits and vegetables you would eat in one day that shows a variety.

Fruits

Vegetables

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