Name______________________________________________

1. Name 5 fruits that have seeds in them.

________________________________________
________________________________________
________________________________________

2. What is the most popular fruit in the USA?

________________________________________

3. Name 2 fruits you must peel before you eat.

________________________________________

4. Name 3 types of berries.

________________________________________
________________________________________
________________________________________

5. What fruits would you usually put in a fruit smoothie?

________________________________________

6. What kind of fruit would you put on your pancakes?

________________________________________

7. Name 2 fruits that can be made into a sauce.

________________________________________

8. Do all watermelons have seeds?

________________________________________

9. Name 3 fruits that have a pit, core or center that you don’t eat.

________________________________________
________________________________________

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.
1. Name 5 fruits that have seeds in them.

   Apple, orange, watermelon, peach, plum, apricot...etc.

2. What is the most popular fruit in the USA?

   Bananas

3. Name 2 fruits you must peel before you eat.

   Kiwi, banana, grapefruit, orange

4. Name 3 types of berries.

   Strawberries, raspberries, blackberries, blueberries, cranberries, etc.

5. What fruits would you usually put in a fruit smoothie?

   Bananas, strawberries, blueberries

6. What kind of fruit would you put on your pancakes?

   Blueberries, strawberries, bananas

7. Name 2 fruits that can be made into a sauce.

   Apples, blueberries, strawberries

8. Do all watermelons have seeds?

   No

9. Name 3 fruits that have a pit, core or center that you don’t eat.

   Apple, pear, peach, plum, nectarine