



## 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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\_\_\_\_\_

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