



# Fresh Ideas Feeding Minds

## Big Norfolk Holiday Fun

### Fruit and Veg Quiz

1. How many portions of fruit and vegetables should we aim to eat every day?

- One
- Three
- **Five**

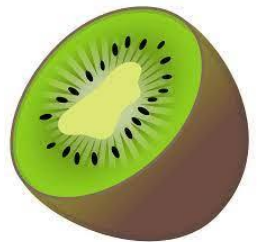


2. True or false: frozen vegetables count towards you five-a-day.

- **True**
- False

3. Which of the following snacks would count towards your five-a-day?

- Toast with peanut butter
- **Banana**
- Cheese and crackers



4. Why is it recommended we eat five-a-day? Because fruit and vegetables...

- ...can be high in sugars
- ...are high in fat
- **...provide vitamins, minerals and fibre**

5. Which vegetable is actually a fruit?

- **Tomato**
- Potato
- Carrot

