

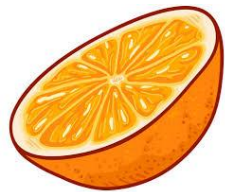


Fresh Ideas Feeding Minds

Big Norfolk Holiday Fun

Fruit and Veg Quiz

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



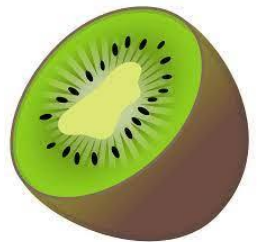
- One
- Three
- Five

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

