USDA Fruit Quiz (From <http://www.choosemyplate.gov/fruitquiz_start>)

**Which of these nutrients can you get from eating whole fruit that is not usually found in juice?**


Vitamins

Minerals

Fiber

Sugar

**Potassium is a nutrient that many Americans don’t get enough of. Which of the following is a good fruit source of this mineral known to help regulate blood pressure?**


Dried apricots

Bananas

Orange juice

All of the above

**Which fruit is this?**


Cantaloupe

Papaya

Mango

Star fruit

Moon fruit

**Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain types of** **cancer.**
True

False

**Which of the following counts as part of the Fruit Group?**


Canned peaches

Dried apricots

100% orange juice

Fresh strawberries

All of the above

**Fiber found in fruit is associated with which of the following health outcomes?**


Strengthening bones

Maintaining proper bowel function

Building muscle

Making new blood cells

**Fruits are sources of which of the following?**

Folate

Vitamin D

Calcium

Protein

**Which of these foods is actually a fruit in plant biology?**

Onion

Pepper

Mushrooms

All of the above

**Which of these foods is a source of vitamin C?**


Pineapples

Strawberries

Oranges

All of the above

**What do fruits have that make them sweet?**

Vitamin C

Fiber

Fructose

Protein

Pleasing or agreeable personalities