**USDA Vegetable Quiz** [**https://www.choosemyplate.gov/quiz-index**](https://www.choosemyplate.gov/quiz-index)

**About how much of your plate should be fruits and vegetables?**

One quarter

One half

Three quarters

All of it



**What are these?**
Scallions (spring onions)

Asparagus spears

Broccoli spears

Britney Spears



**Eating a diet with lots of vegetables and fruit is good for you.**
True

False

**What vitamin gives carrots and sweet potatoes their orange color?**
Vitamin D

Folate

Vitamin A

Vitamin O

**Which of these is a subgroup of vegetables?**
Raw

Crunchy

Dark-green

Juiced

**You should only eat raw vegetables because if you cook vegetables, all of the vitamins are “cooked away.”**

True

False

**What color vegetable should you eat the most?**


Orange, because they taste the best

Purple, because they are rare and exotic

Green, because kale is green

A variety of colors

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

Tomatoes

Sweet onions

Peas

Kale

**What food group are beans and peas counted in?**

Vegetable group

Protein group

Both

Neither

**Carrots, onions, and sweet potatoes are all vegetables and are what part of a plant?**


Seeds

Flower

Root

Stem