

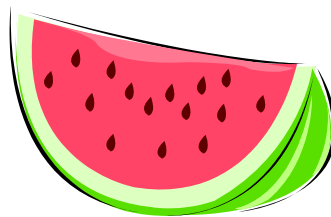
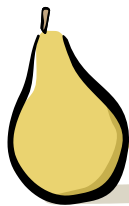
Activity 2

Eat 5 A Day the Rainbow Way

Pre/Post Test



1. Which represents 1 serving of fruit? (Circle your answer.)



2. Which of the following is a GREEN FRUIT?
- lettuce
 - lime
 - onion
 - spinach
3. Which of the following is a RED VEGGIE?
- beet
 - apple
 - strawberry
 - peach
4. How many servings of fruits and veggies should you eat a day?
- 2
 - 5
 - 10
 - 15