



Food Trivia Challenge

Not all foods are created equal. Can you take on the food trivia challenge and test your food knowledge?

What you need:

- Food Trivia Challenge Cards

What to do:

1. If you are playing with a partner, divide the cards in half and give half to each player.
2. Shuffle the cards.
3. Take turns asking each other the food trivia challenge questions.
4. Keep all the cards you got correct in a pile.
5. The player with the most correct cards wins!

What to try next:
















- Make healthy food decisions at home and at school
- Think of new healthy foods to try
- When in doubt, think fruits and veggies for snacks and meals!

Did you know?

- Eating healthy foods is a very important part of your daily diet because your body is still growing.
- Children and teenagers suffer the highest dietary inadequacies of any age group.
- It's okay to snack. Snacks can provide up to 25% of your energy intake and nutrients if you choose wisely.



The Children's
Museum
of Houston



<p>What common breakfast food can you add half a cup of strawberries or your favorite fruit to get a serving of fruit?</p> <p>a) muffin b) cereal c) hashbrowns</p> <p>A: b) cereal</p>	<p>You are running late for school. What's an easy, on-the-go fruit to eat on your way there?</p> <p>a) banana chips b) banana nut muffin c) banana</p> <p>A: c) banana</p>	<p>Which of the following breakfast drinks would help you add a serving of fruit to your breakfast?</p> <p>a) strawberry milkshake b) orange drink c) fruit smoothie</p> <p>A: c) fruit smoothie</p>	<p>Draining and rinsing canned vegetables will help rinse off this.</p> <p>a) water b) salt c) nothing</p> <p>A: b) salt</p>	<p>This is the best way to buy canned fruit.</p> <p>a) with heavy syrup b) packed in its own juice c) packed in lite syrup</p> <p>A: b) packed in its own juice</p>
<p>An apple the size of a tennis ball is this many servings of fruit.</p> <p>a) ½ serving b) 2 servings c) 1 serving</p> <p>A: c) 1 serving</p>	<p>A smoothie with ½ cup of berries has this many servings of fruit.</p> <p>a) ½ serving b) 1 serving c) 2 servings</p> <p>A: b) 1 serving</p>	<p>A recipe that calls for ½ cup of black beans and ½ cup of tomatoes is this many servings of vegetables.</p> <p>a) 2 servings b) 1 serving c) ½ serving</p> <p>A: a) 2 servings</p>	<p>You make a wrap that has: 1 cup of raw (uncooked) spinach + 1 cup of slices cucumbers + ½ cup cooked pinto beans + 1 tablespoon of low-fat ranch dressing. If you eat half of it, how many servings of vegetables do you get?</p> <p>a) 3 ½ servings b) 1 ½ servings c) 2 servings</p> <p>A: c) 2 servings</p>	<p>Adding which amount of red, green or yellow peppers to a pizza will give you a serving of vegetables for dinner.</p> <p>a) ¼ cup b) ½ cup c) 1 cup</p> <p>A: b) ½ cup</p>
<p>What amount of raisins counts as one serving of fruit?</p> <p>a) 1 cup b) ½ cup c) ¼ cup</p> <p>A: c) ¼ cup</p>	<p>A serving of raw (uncooked) spinach or other leafy green vegetables equals this much.</p> <p>a) ½ cup b) ¾ cup c) 1 cup</p> <p>A: c) 1 cup</p>	<p>Adding ¼ cup of tomatoes to an omelet will give you a serving of vegetables for breakfast.</p> <p>a) true b) false</p> <p>A: b) false</p>	<p>If your smoothie calls for strawberries and you only have peaches, you can use peaches instead.</p> <p>a) true b) false</p> <p>A: a) true</p>	<p>You are trying to eat five fruits and vegetables a day – one at breakfast, two at lunch and two at dinner. If you forget to eat fruit or vegetables for breakfast, you can still meet your challenge by eating a fruit or vegetable at another time that day.</p> <p>a) true b) false</p> <p>A: a) true</p>



<p>Frozen vegetables are just as healthy as fresh vegetables.</p> <p>a) true b) false</p> <p>A: a) true</p>	<p>French fries or onion rings count as vegetables.</p> <p>a) true b) false</p> <p>A: b) false</p>	<p>1 cup of peach cobbler is a serving of fruit.</p> <p>a) true b) false</p> <p>A: b) false</p>		
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