

Teach Well - Gimme 5 Atlanta Knowledge of Fruits and Vegetables

Instructions: These questions are about fruits and vegetables. Please do not write on these pages. Instead, please darken the circle for the best answer for each question on your blue answer sheet. Remember to darken only one circle for each question.

1. Fruits and vegetables have lots of

- a. fat
- b. protein
- c. cholesterol
- d. vitamins
- e. calories

2. At least how many servings of fruits and vegetables should everyone eat every day?

- a. 1
- b. 2
- c. 3
- d. 5
- e. 7

3. Who needs to eat plenty of fruits and vegetables?

- a. children
- b. adults
- c. teenagers
- d. grandparents
- e. all of the above

4. What is an important first step in trying to change your own behavior?

- a. Just do it.
- b. Set a realistic goal.
- c. Pick a reward for when you do change your behavior
- d. Do what someone else tells you to do.
- e. Do something to remind you to think about it.

5. When you set a goal, you need to decide

- a. what you will do.
- b. when you will do it.
- c. where you will do it.
- d. how you will do it.
- e. all of the above.

6. Let's say you are used to eating 2 servings of fruits and vegetables every day, but you want to eat more. A realistic first goal would be for you to eat _____ servings of fruits and vegetables every day for a while.

- a. 2
- b. 3
- c. 4
- d. 5
- e. 6

7. **Let's say you've set a goal, but did not reach it. The first thing you should do to help you try to reach that goal is:**
 - a. make a new plan.
 - b. find other ways that might work.
 - c. choose the best way.
 - d. analyze what didn't work.
 - e. forget about that goal for a while.

8. **You will be more likely to get more fruits and vegetables at home when you ask for them if you:**
 - a. ask the family member who usually buys the food.
 - b. are positive and polite when you ask.
 - c. ask at the "right" time (or at an appropriate time).
 - d. are realistic in what you ask for.
 - e. do all of the above.

9. **What could you do to decide whether to eat your favorite fruit or your favorite candy bar?**
 - a. Think about all the qualities of fruits and candy bars that are important to you.
 - b. Talk to your friends about what they like.
 - c. Ask your mom what is best.
 - d. See which one costs less.
 - e. See what the people around you are eating.

- 10. Let's say you are about to eat breakfast. You have dry cereal with milk, toast with margarine, and apple juice. Which of these foods could you add if you are trying to eat more fruits and vegetables?**
- a. orange Kool-aid
 - b. apple butter on toast
 - c. whole (sliced) banana on cereal
 - d. blueberry donut
 - e. strawberry poptart
- 11. Let's say you are about to eat supper. You have fried chicken, corn, roll with margarine, and milk. Which of these foods could you add if you are trying to eat more fruits and vegetables?**
- a. potato chips
 - b. macaroni and cheese
 - c. rice
 - d. peach pie
 - e. broccoli
- 12. Let's say you set a goal to eat grapes as a snack after school. When you got home from school, all the grapes were gone. What could you have done instead?**
- a. eaten a fruit roll-up
 - b. eaten an apple
 - c. eaten a peanut butter and grape jelly sandwich
 - d. eaten some corn chips
 - e. drank grape Hi-C

- 13. Which of these things could one friend do to help another friend eat more fruits and vegetables at supper?**
- a. Call them and remind them.
 - b. Help them think of a specific fruit or vegetable to add.
 - c. Help them practice asking their parents for more fruits and vegetables.
 - d. Go to the store with them so they can buy a fruit or vegetable.
 - e. All of the above.
- 14. Let's say you want to have more fruits and vegetables at home. Which of these is most likely to work best?**
- a. Complain to your parents that they're not buying enough fruits and vegetables.
 - b. Interrupt your parents while they are talking and ask them to buy more fruits and vegetables.
 - c. Wait until you parents get back from the grocery store and then ask why they didn't buy more fruits and vegetables.
 - d. Politely ask your parents to please buy more fruits and vegetables the next time they go to the grocery store.
 - e. Go to the grocery store with your parents and put some fruit in the cart when they're not looking.
- 15. Let's say your family is going on a picnic. You are trying to eat more fruits and vegetables so you could:**
- a. Make sure the potato chips get packed.
 - b. Offer to pack some oranges and bananas.
 - c. Offer to pack the grape jelly.
 - d. Offer to pack the orange sodas.
 - e. Make sure the apple pie gets packed.

16. Pretend your family is going out to eat supper at a fast food place. You order a hamburger, fries and a milkshake. How could you add another serving of fruit and vegetable to your meal?

- a. Order a cherry turnover for dessert.
- b. Make sure you ordered a strawberry milkshake instead of a chocolate one.
- c. Order a slice of pickle on your burger.
- d. Order orange juice to drink.
- e. Eat ketchup on your fries.