



MEDIUM QUIZ

Do this quiz in class or it can be used as a home activity. Answers are at the bottom of the back page.

1. Which vegetable is a flower that you eat?

- A. Broccoli
- B. Lettuce
- C. Potato
- D. Squash

2. Why is it best to eat food in season?

- A. They are at their most nutritious
- B. They are fresh
- C. They are less expensive
- D. All of the above

3. Which of the following is not grown in the ground?

- A. Carrots
- B. Potatoes
- C. Parsnip
- D. Courgette

4. What food is traditionally eaten at the Wimbledon tennis championships?

- A. Lettuce and tomatoes
- B. Strawberries and cream
- C. Baked potatoes and cheese
- D. Cake and ice-cream

5. Potatoes are also known as?

- A. Duds
- B. Ruds
- C. Spuds
- D. Pluds





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6. Which is not a type of lettuce?

- A. Romaine
- B. Cos
- C. Butterhead
- D. Mettuce



7. Carrots are high in

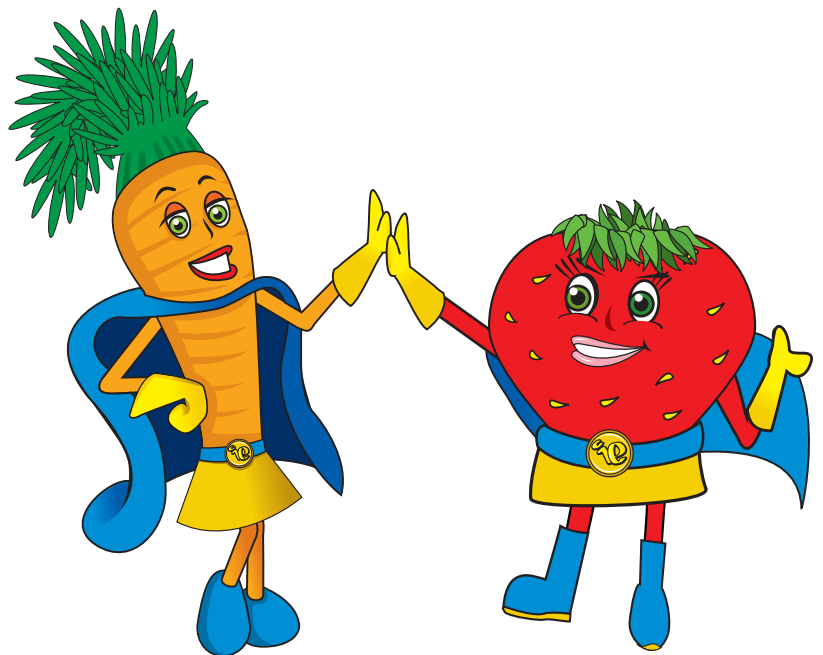
- A. Vitamins
- B. Fat
- C. Salt
- D. Pepper

8. Cucumbers are most commonly eaten in

- A. Soups
- B. Smoothies
- C. Salads
- D. Sauces

9. Which fruit has a pit?

- A. Peach
- B. Strawberry
- C. Pears
- D. Blackberry



10. Layers are found in

- A. Carrots
- B. Onions
- C. Beetroots
- D. Tomatoes

Answers

(1.) A (2.) D (3.) D (4.) B (5.) C (6.) D (7.) A (8.) C (9.) A (10.) B