

5 A DAY MATCHING QUIZ

Have some fun while testing your 5 A Day knowledge by taking this matching quiz! Match the words on the left and the phrases on the right by drawing lines between them. If you need help, go to www.dole5aday.com/KIDS/Facts and click on Calvin Carrot's Q & A.

orange juice

fiber

vitamin A

carrot

phytochemicals

at least 5

banana

vitamin C

broccoli and cauliflower

the minimum number of servings of fruits and vegetables we all need to eat every day for good health.

substances in fruits and vegetables that fight to protect our health

helps keep your immune system strong

helps keep your eyes healthy

a beverage that is an excellent source of vitamin C

can't be broken down by the body

a popular tropical fruit that is a good source of fiber and vitamin C

members of the cabbage family

a popular root vegetable that is an excellent source of vitamin A