

# 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](http://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