



EVERY DAY I'M BRUSSELIN'

QUIZ WITH SEARCHER



1



How do peppers grow?

- a) On plants above the ground
- b) Below the ground
- c) On trees

2



Which type of fruit is an orange?

- a) Tropical fruit
- b) Stone fruit
- c) Citrus fruit

3



Okra is also known as...?

- a) Long arms
- b) Ladies' fingers
- c) Men's toes

4



Which part of a ginger plant do we usually eat?

- a) The root
- b) The leaves
- c) The flower

5



Which vegetable is in the same family as onion and garlic?

- a) Asparagus
- b) Celery
- c) Leek

6



A brussels sprout looks like a mini...?

- a) Broccoli
- b) Cabbage
- c) Parsnip

7



Lentils come from plants. What else are lentils (and other beans) sometimes called?

- a) Roots
- b) Starchy vegetables
- c) Pulses

8



Bread, rice, pasta and potatoes all have which nutrient that gives us energy when we eat them?

- a) Carbohydrate
- b) Protein
- c) Calcium

9



Which food needs to be deseeded before cooking?

- a) Potato
- b) Cabbage
- c) Pepper

10



The flesh of an avocado is...?

- a) Yellow or green, and soft
- b) Pink and chewy
- c) Purple and soft

Answers on the next page!

EVERY DAY I'M BRUSSELIN' QUIZ ANSWERS



How did you do?

1



A Peppers grow on plants above the ground.

2



C Oranges are a citrus fruit and rich in vitamin C.

3



B Okra is also known as Ladies' fingers.

4



A We use ginger root in both sweet and savoury cooking. Some people use it as a spice. [Find out about some other spectacular spices!](#)

5



C Leeks are allium vegetables, like onion and garlic.

6



B Brussels sprouts look like miniature green cabbages and are from the same family, but they don't taste the same.

7



C Pulses are what we call beans, peas and lentils. They contain lots of protein and fibre. [Find out what else humans need to stay healthy.](#)

8



A Bread, rice, pasta and potatoes are all starchy foods and contain carbohydrates, which gives us energy. [Check out Pedal's activities to use some of that energy!](#)

9



C To deseed means to remove the seeds from a food, such as peppers or chillies.

10



A The flesh of an avocado is yellow or green and has a soft texture.

Discover even more in our [A-Z of fruit and vegetables](#)

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