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!](mailto:mailto:)

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.](mailto:mailto:)

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!](mailto:mailto:)

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.