### KEEP CALM AND CARROT ON
#### QUIZ WITH SEARCHER

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| 1 | Where do carrots grow?                                                   | a) On the ground  
b) Underground  
c) On trees                   |
| 2 | How many portions of fruit and vegetables should we eat each day?     | a) None  
b) Three  
c) Five                                 |
| 3 | What are baked beans made from?                                         | a) Kidney beans  
b) Chickpeas  
c) Haricot beans                      |
| 4 | What colour are grapefruit on the inside?                               | a) Yellow  
b) Pink  
c) Green                                    |
| 5 | What part of a garlic plant do we usually eat?                          | a) The stem  
b) The flower  
c) The bulb                                |
| 6 | Carrots contain lots of...                                               | a) Beta-carotene  
b) Salt  
c) Sugar                                    |
| 7 | Granny Smith, Royal Gala, Golden Delicious and Pink Lady are names for different types of what? | a) Cheese  
b) Banana  
c) Apple                                    |
| 8 | Kaki persimmon fruit is also known as?                                  | a) Annie  
b) Ruby  
c) Sharon                                   |

Answers on the next page!
**KEEP CALM AND CARROT ON**

**QUIZ ANSWERS**

1. **B** Carrots are root vegetables so they grow underground.

2. **C** Eat FIVE different fruit and vegetables a day so you get all the vitamins and minerals your body needs to stay healthy. **Find out what humans need to stay healthy.**

3. **C** Haricot beans are cooked in tomato sauce to make baked beans. **Find out how you can grow your own bean plant here!**

4. **B** Grapefruit have yellow skin but are pink on the inside, and taste sour.

5. **C** The part of a garlic plant that we eat is the bulb, though sometimes you can eat wild garlic leaves and flowers.

6. **A** Beta-carotene makes carrots orange – your body turns it into vitamin A, which helps you see at night-time!

7. **C** Thousands of different apples are grown and each variety has a different name. What’s your favourite?

8. **C** Sharon fruit is the name of a variety of persimmon grown in Israel. It is shaped like a tomato with thin, edible orange skin, a green stalk and a deliciously sweet orange flesh.

**Discover even more in our A–Z of fruit and vegetables**

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