



# 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](#)

**EAT MOVE LEARN**

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