



KEEP CALM AND CARROT ON

QUIZ WITH SEARCHER



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



How did you do?

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](#)

EAT MOVE LEARN

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