

Name _____

Fruit and Veggie Power: Why Kids Should Eat More of Them

Multiple Choice Questions

1. What do fruits and vegetables contain that help keep you healthy and strong?
 - a) Sugars
 - b) Fats
 - c) Vitamins, minerals, and antioxidants
 - d) Proteins

2. How do colorful fruits and vegetables like berries and leafy greens benefit your brain?
 - a) They make your brain bigger.
 - b) They help you see better.
 - c) They boost brain power, concentration, and creativity.
 - d) They make your brain work faster.

3. Why do fruits and vegetables provide a steady supply of energy?
 - a) They contain caffeine.
 - b) They are high in natural sugars and fiber.
 - c) They have artificial sweeteners.
 - d) They are high in processed carbohydrates.

4. Which nutrients found in fruits and vegetables are essential for strong bones?
 - a) Protein and fiber
 - b) Vitamins C and E
 - c) Calcium and vitamin D
 - d) Iron and zinc

5. What is the main message of the persuasive piece?
 - a) Kids should only eat sugary snacks.
 - b) Kids should eat more fruits and vegetables for their health benefits.
 - c) Kids should avoid colorful foods.
 - d) Kids should avoid eating too much.

