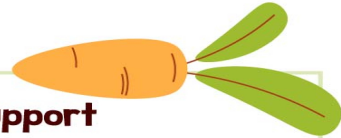


# Healthy Eating QUIZ



1. What vegetable is orange and helps support healthy eyes?
2. Which drink is the healthiest choice when you are thirsty?
3. What food group does yogurt belong to?
4. What grain is used to make oatmeal?
5. Which meal is important to eat in the morning?
6. What protein food comes from chickens?
7. Which vegetable looks like a tiny tree?
8. Which healthy snack is made from dried grapes?
9. Which red fruit has tiny seeds on the outside?
10. What vegetable is often mashed and served at dinner?