

## Fruits and Vegetables – Catch a Rainbow Evaluation

Check what you have learned about fruits and vegetables by looking at the display and handouts, then answering the following questions. If you have an infant 6 months to 12 months, answer the infant questions too. Once you are finished, show your completed paper to the clerk.

1. Fresh, \_\_\_\_\_, and \_\_\_\_\_ fruits and vegetables are all good for you.
2. Children can help choose fruits and vegetables at the store.
  - a. True
  - b. False
3. Fruits and vegetables should be \_\_\_\_\_ your plate.
4. What fruits and vegetables can you add to your family's meals, in the next month, to include the five colors of the rainbow?

List them here:

Blue/purple:	Green:	Yellow/orange:	Red:	White:
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

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If you have an infant 6 months or older, answer these questions too.

5. A good first food for an infant (about 6 months old) to try is baby rice cereal with iron.
  - a. True
  - b. False
6. Once an infant is eating baby cereal with iron, an infant (about 7 months old) is ready to try strained or pureed fruits and vegetables.
  - a. True
  - b. False
7. Infants that are successfully eating strained fruits, vegetables, and meats, should progress to mashed, then to \_\_\_\_\_, and lastly to \_\_\_\_\_ of foods.

Answers: 1. frozen and canned 2. True 3. half 4. names of fruits and vegetables 5. True 6. True 7. chopped, pieces