



Fruit and Veggie Jeopardy

VITAMIN A F&V

- 10–** People like this veggie and some rabbits like it too. (*Carrots*)
- 20–** This fruit is very juicy when it's ripe...but don't bite its pit! (*Peach, mango*)
- 30–** This vegetable is popular in a pie at Thanksgiving. (*Pumpkin*)
- 40–** This melon will help you see in the dark. (*Cantaloupe*)

VITAMIN C F&V

- 10–** Juice from this fruit is popular for breakfast. (*Orange*)
- 20–** Name a veggie that's a flower and is green. (*Broccoli*)
- 30–** This fruit is fuzzy and green and has lots of Vitamin C. (*Kiwi*)
- 40–** This fruit was given to sailors in the 1700s to prevent Scurvy. (*Limes*)

HIGH FIBER F&V

- 10–** This fruit is one of the biggest fruits and a favorite at picnics. (*Watermelon*)
- 20–** Name a small sweet fruit that grows in a patch. (*Strawberry*)
- 30–** If you eat the skin of this baked vegetable, you will get lots of fiber. (*Potato*)
- 40–** Name a veggie that you can eat both the leaves and the roots. (*Beets*)

UNUSUAL F&V

- 10–** Name the veggie that is used to make pickles. (*Cucumber*)
- 20–** This root vegetable comes from Mexico. (*Jicama*)
- 30–** Name the veggie that looks like a tiny cabbage. (*Brussel Sprouts*)
- 40–** This red, sour stem looks like a stalk of celery. (*Rhubarb*)