Activity 2
Eat 5 A Day the Rainbow Way
Pre/Post Test

1. Which represents 1 serving of fruit? (Circle your answer.)

![Pear and Watermelon]

2. Which of the following is a GREEN FRUIT?
   a. lettuce
   b. lime
   c. onion
   d. spinach

3. Which of the following is a RED VEGGIE?
   a. beet
   b. apple
   c. strawberry
   d. peach

4. How many servings of fruits and veggies should you eat a day?
   a. 2
   b. 5
   c. 10
   d. 15