



Food Dudes Quiz

How much do you know about fruit and veg?! Take this short quiz to find out!

(For help visit http://www.bordbia.ie/Consumers/About_Food/Vegetables/Field_Vegetables/ and http://www.bordbia.ie/Consumers/About_Food/Fruit/.)

1. What white root vegetable is part of the carrot family and high in fibre?
2. What member of the cabbage family, usually boiled, is most often white but also comes in purple and green?
3. What vegetable looks like a very small cabbage and is full of fibre, vitamin C and folic acid?
4. Shitake, oyster and button are all types of what vegetable?
5. What is the most popular soft fruit in Ireland?
6. What was probably the first fruit ever grown by humans?
7. What vegetable has a high water content and was used as medicine by the ancient Greeks and Romans?