



## Food Dudes Quiz

### Answers

1. What white root vegetable is part of the carrot family and high in fibre?

Answer: Parsnip

2. What member of the cabbage family, usually boiled, is most often white but also comes in purple and green?

Answer: Cauliflower

3. What vegetable looks like a very small cabbage is full of fibre, vitamin C and folic acid?

Answer: Brussels sprouts

4. Shitake, oyster and button are all types of what vegetable?

Answer: Mushrooms

5. What is the most popular soft fruit in Ireland?

Answer: Strawberries

6. What was probably the first fruit ever grown by humans?

Answer: Apples

7. What vegetable has a high water content and was used as medicine by the ancient Greeks and Romans?

Answer: Lettuce