

## Kids Cook Lesson 2: Fruit Popsicles

1. What is the first thing you should do before working with food?
  - A. Wash your hands
  - B. Eat a snack
  - C. Play with your pet
  - D. Nothing
2. You should wash your hands for at least 20 seconds.
  - A. True
  - B. False
3. Why should you wash your fruits and vegetables before you use them?
  - A. To get them wet
  - B. To wash off germs and dirt
  - C. To play in the water
  - D. You don't need to wash them
4. You should always wash your fruits and vegetables before cutting them
  - A. True
  - B. False
5. Fruits and vegetables have a lot of vitamins and minerals that help us stay healthy
  - A. True
  - B. False
6. When using a knife, you should hold your fingers on the food in a....
  - A. claw shape
  - B. flat
  - C. away from the food
  - D. both hands should be on the knife
7. How many colors are in the fruit and vegetable rainbow?
  - A. 3
  - B. 4
  - C. 5
  - D. 7

*Just a few more questions on the next page...*

8. It's important to try and eat all 5 colors of the rainbow each day

- A. True
- B. False

9. What three things are the parts of a fruit?

- A. Skin
- B. Pulp
- C. Seeds
- D. Vines

10. Strawberries, blueberries, and pineapple have vitamin C.

- A. True
- B. False

11. Fruit popsicles are a great way to get some fruit into our day.

- A. True
- B. False

12. Where did you watch the Kids Cook Lesson?

