

Kids Cook Lesson 3: A Corny Summer

1. What is the first thing you should do before working with food?
 - A. Wash your hands
 - B. Have 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 lots 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?



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