

**Adventures in Food and Nutrition! © 2012**  
**Chapter 16: Versatile Vegetables—Interactive Quiz Questions**

- \_\_\_\_\_ 1. Arugula is an example of a \_\_\_\_\_ vegetable.
- A. leaf
  - B. seed
  - C. stem
  - D. flower
- \_\_\_\_\_ 2. Corn is an example of a \_\_\_\_\_ vegetable.
- A. leaf
  - B. seed
  - C. stem
  - D. flower
- \_\_\_\_\_ 3. An artichoke is an example of a \_\_\_\_\_ vegetable.
- A. leaf
  - B. seed
  - C. stem
  - D. flower
- \_\_\_\_\_ 4. A \_\_\_\_\_ vegetable is a short, rounded bud underground with a very short stem covered with overlapping leaves above ground.
- A. tuber
  - B. seed
  - C. bulb
  - D. root
- \_\_\_\_\_ 5. A \_\_\_\_\_ vegetable is the swollen portion of a plant's underground stem.
- A. fruit
  - B. tuber
  - C. bulb
  - D. stem
- \_\_\_\_\_ 6. Which is considered a fruit vegetable?
- A. Artichoke.
  - B. Onion.
  - C. Okra.
  - D. Turnip.
- \_\_\_\_\_ 7. A \_\_\_\_\_ vegetable is usually most plentiful and least costly when in season in your region.
- A. fresh
  - B. frozen
  - C. canned
  - D. dried

- \_\_\_\_\_ 8. \_\_\_\_\_ vegetables should be stored in a cool, dark, and dry place.
- A. Leaf
  - B. Bulb
  - C. Stem
  - D. Seed
- \_\_\_\_\_ 9. Nutrients in vegetables may be destroyed if \_\_\_\_\_.
- A. left unpeeled
  - B. cooked too long
  - C. refrigerated
  - D. cooked in a small amount of water
- \_\_\_\_\_ 10. Which vegetable combination would make the most appetizing meal?
- A. Brussels sprouts, roasted garlic, and mashed turnips.
  - B. Stewed tomatoes, red cabbage, and pickled beets.
  - C. Mashed potatoes, steamed cauliflower, and wax beans.
  - D. Spinach salad, baked sweet potatoes, and raw radish slices.