**Quiz**

1. To make sure you get all your vegetables for the day, how much of your plate should you fill with vegetables?
   1. ¼ of your plate
   2. ½ of your plate
   3. none of your plate
   4. all of your plate

Answer: B. 1/2 of your plate. Aim for at least half of your meal to come from vegetables. A leafy green salad that takes up half of your plate provides at least one serving of vegetables. Add lots of different toppings to get that count closer to two.

1. Why should you eat a diet full of vegetables?
   1. Vegetables have important vitamins and minerals
   2. Vegetables are low in calories and fat
   3. A vegetable-rich diet can help prevent some diseases and health conditions
   4. All of the above.

Answer: D. All of the above. Vegetables are full of the good things our bodies need and have very little of the things we don't need.

3. What’s the best way to add vegetables to your diet?

1. Drink vegetable juice
2. Eat a salad
3. Sneak vegetables into your spaghetti sauce
4. Any way that works for you

Answer: D. Any way that works for you. There’s no perfect or best way to add vegetables to your diet. You might hate salads, but you love adding vegetables to your breakfast omelet, sauces, and snacks. Try different ways and see what works for you. The goal is to eat more vegetables, not stick to a specific set of rules. Have fun with this!