**Choosing Fruits and Vegetables Quiz**

1. One fruit and two vegetable servings is the current recommendations for a healthy diet.

True False

1. A large apple or banana counts as only one serving of fruit.

True False

1. Two cups of leafy greens count as one serving of vegetables.

True False

1. Phytochemicals don’t really add any benefits to your diet. You can get all of the nutrients you need by taking a vitamin pill.

True False

1. You should peel all of your fruits and vegetables. There aren’t any nutrients in the peels anyway.

True False