**Preparing Fruits and Vegetables Quiz**

1. If someone doesn’t like a fruit or vegetable after trying it once, don’t serve it again. They will never like it.

True False

1. The first thing you should do before preparing fruit or vegetables is wash your hands with soap and water for 20 seconds.

True False

1. In order to get produce clean enough, it is recommended that you wash it with a special fruit and vegetable soap.

True False

1. Roasting, grilling, and steaming are three of the healthy ways to prepare vegetables.

True False

1. One way to get other people to eat more fruits and vegetables is to eat them yourself.

True False

