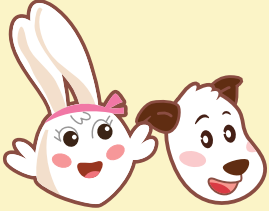


# Nutritious Fruit and Vegetables



Please scan the QR code on the right to watch the animation video. Then circle the letter of the correct answer according to the content of the animation video.



01

Eating vegetables and fruit in different colours aid the absorption of different phytochemicals to promote health. Which of the following phytochemical does blueberry contain?

- A. Lycopene
- B. Carotene
- C. Anthocyanin

02

In addition to fresh vegetables or fruit, which of the following is also a healthy vegetables and fruit choice?

- A. Dried fruit with added sugar
- B. Frozen vegetables without added oil, salt or sugar
- C. Preserved vegetables

03

How many servings of vegetables and fruit should children aged 6 to 11 eat every day?

- A. At least 2 servings of vegetables; at least 1 serving of fruit
- B. At least 2 servings of vegetables; at least 2 servings of fruit
- C. At least 3 servings of vegetables; at least 2 servings of fruit

04

How many servings of vegetables and fruit should adolescents aged 12 or above and adults eat every day?

- A. At least 2 servings of vegetables; at least 1 serving of fruit
- B. At least 2 servings of vegetables; at least 2 servings of fruit
- C. At least 3 servings of vegetables; at least 2 servings of fruit

05

How much is one serving of vegetables?

- A. 1 bowl of cooked leafy vegetables
- B. 1 bowl of cooked gourds
- C. 1 bowl of uncooked vegetables

06

How much is one serving of fruit?

- A. 1 piece of small-sized fruit
- B. 1 piece of medium-sized fruit
- C. 1 piece of large-sized fruit



「健康飲食在校園」  
動畫短片  
"EatSmart@school.hk"  
Animation Video

