

Quiz questions for elementary module: QUIZ 1

- 1) Why is it important for us to eat fruits and vegetables?
 - a. Because my parents told me to.
 - b. Because they can help keep me healthy and strong.
 - c. Because I can't find any other food.
 - d. It's not important to eat fruits and vegetables.
- 2) What will eating fruits and vegetables help do?
 - a. Keep me from getting some diseases when I am older.
 - b. Keep me from becoming obese or gaining weight.
 - c. Keep important vitamins and minerals in my diet.
 - d. All of the above.

- 3) What is this diagram called?
 - a. MyFood.
 - b. MyDiagram.
 - c. MyPlate
 - d. MyCourse.



- 4) According to the MyPlate diagram, I need to eat _____.
 - a. More fruits than vegetables
 - b. More vegetables than fruits
 - c. The same amount of fruits and vegetables
 - d. It doesn't matter as long as I eat something
- 5) About what percent of our food should be made up of vegetables according to this diagram?
 - a. 1/4 of the plate.
 - b. 1/3 of the plate.
 - c. 1/2 of the plate.
 - d. 7/8 of the plate.
- 6) Michael and Laura are eating lunch. They are the same age and are both physically active. Who should eat more produce?
 - a. Michael because he's a boy.
 - b. Laura because she's a girl.
 - c. Michael and Laura should eat the same amount of produce.
 - d. Michael because Laura had hash browns (potatoes) for breakfast.

- 7) What should be done to make sure people don't get sick from eating contaminated fruits and vegetables?
- Handle fruits and vegetables properly, by washing hands frequently.
 - Wash fruits and vegetables before we eat them.
 - Throw away fruits and vegetables that look bad.
 - All of these can help make sure people remain healthy and safe.
- 8) Sophia grabs an apple out of the fridge and takes a bite. Is this healthy?
- Yes, apples make us healthy and strong!
 - No, apples are too sugary to be healthy.
 - No, she should have sliced the apple to make sure it was fresh.
 - No, she should have washed the apple before eating it.
- 9) Jose's older brother, Miguel, is mad that their mom gave him an extra scoop of vegetables. Should Miguel be mad?
- Yes, the boys should have gotten the same amount of vegetables.
 - Yes, the extra vegetables took the space where he was going to put his dessert.
 - Yes, Jose should have gotten the extra scoop.
 - No, Miguel should have more vegetables because he is older.
- 10) Why is it important for us to do everything we can to keep the fruits and vegetables safe?
- Because we could get in trouble by the teacher if we don't.
 - Because we don't want to make ourselves or others sick if we don't follow these steps.
 - Because the fruits and vegetables will look better if we do.
 - None of the above are very important.

Quiz questions for elementary module: QUIZ 2

- 1) What are the three ways that can make us sick or hurt us when in the garden?
 - a. From people, fruits, and animals.
 - b. From microbial, chemical, and physical hazards.
 - c. From water, gloves, and garden tools.
 - d. None of these can make people ill or hurt.

- 2) Where, besides on the produce itself, can bacteria be found in the garden?
 - a. In the soil
 - b. In the water
 - c. On the tools
 - d. All of the above

- 3) What tool would we have to use to see harmful microorganisms on our food?
 - e. Our eyes
 - f. A magnifying glass
 - g. A microscope
 - h. There's no way to see them, but we have to act like they are, just in case.

- 4) What are the names of some bacteria that could be harmful to people if eaten?
 - a. *Listeria monocytogenes* and *Salmonella*
 - b. *Streptococcus thermophiles* and *Brevibacterium linens*
 - c. *Acetobacter aceti* and *Vibrio fischeri*
 - d. All of the above can cause harm to people.

- 5) What is the most common and harmful type of virus related to produce?
 - a. Influenza virus.
 - b. Norovirus.
 - c. Tobacco Mosaic Virus.
 - d. West Nile Virus.

Answer: The most common type of virus related to produce contamination is Norovirus. It can be transferred from infected people, contaminated water, or from touching contaminated surfaces.

- 6) Which of the following is an example of a parasite that could be harmful if eaten?
 - a. *Toxoplasma gondii*.
 - b. *Bacillus cereus*.
 - c. *Listeria monocytogenes*.
 - d. *Escherichia coli*.

- 7) What in the human body helps fight off bad microorganisms?
- The nervous system.
 - The immune system.
 - The pathogen elimination system.
 - The body can't fight off bad microorganisms.
- 8) What can be applied to protect crops from insects or disease-causing organisms, and who should use them?
- Insecticides; anyone can use them.
 - Insecticides; only adults should use them.
 - Sanitizers; anyone can use them.
 - Sanitizers; only adults can use them.
- 9) What are some physical objects that may be found in the garden and that could hurt you?
- Broken glass.
 - Sharp sticks and stones.
 - Metal fragments.
 - All of the above.
- 10) Whose health do we have to worry about when growing produce?
- The people eating the produce
 - Our own
 - Other people who come into contact with the garden or products
 - All of the above

Quiz questions for elementary module: QUIZ 3

- 1) How can drinking from hoses make people sick from fruits and vegetables?
 - a. Microorganisms will form more quickly in hoses than in other places.
 - b. Microorganisms from our mouth can transfer to the fruits and vegetables and contaminate them.
 - c. Drinking from hoses can't make people sick.
 - d. None of the above.

- 2) Why should fruits and vegetables not be set in soil after taken off the vine?
 - a. Contaminated soil can affect fruits and vegetables that were originally safe.
 - b. Contaminated fruits and vegetables can make the soil unsafe.
 - c. Other physical hazards could come in contact with the safe produce.
 - d. All of the above.

- 3) Are all microorganisms harmful?
 - a. Yes, all microorganisms are harmful.
 - b. No, there are no harmful microorganisms.
 - c. There are some harmful microorganisms, but most will not make us sick.
 - d. There are more microbes than harmful ones.

- 4) Which of the following is NOT a risk associated with animals in the garden?
 - a. Animal's poop.
 - b. Spread of microorganisms from paws to fruits and vegetables.
 - c. Contamination of soil in the garden.
 - d. All of the above are risks associated with animals.

- 5) Where should fruits and vegetables be placed after picked from the vine?
 - a. On the ground, outside of the garden.
 - b. On the ground, inside of the garden.
 - c. In a separated bin away from rotten or ruined produce.
 - d. Any of the above are ok locations to place picked fruits and vegetables.

- 6) Why should most produce be rinsed after it has been collected?
 - a. Because of potentially harmful microorganisms from the garden.
 - b. Because of potentially harmful microorganisms on your hand.
 - c. Because of potentially harmful microorganisms from gardening tools.
 - d. All of the above.

- 7) Sam used warm water and soap to wash his hands. He made sure that he rubbed soap on the front and back of his hands and between his fingers for 10-15 seconds; then he rinsed them and dried them with a paper towel. What did Sam do wrong?
- He did nothing wrong.
 - He should have scrubbed his wrists and arms too.
 - He should have let them air dry.
 - He forgot to scrub under his fingernails.
- 8) What is the length of time needed for hands to be lathered once soap has been applied?
- 3-5 seconds, or about the length of "Hello. My name is _____."
 - 10-15 seconds, or about the length of the, "Happy Birthday" song.
 - 1 minute.
 - Place hands under water for as long as you want.
- 9) Fences are a helpful tool for keeping animals out of the garden. What do we have to remember when working around fences?
- Wear protective clothing
 - Fences are not jungle gyms
 - Fences could have sharp objects so we shouldn't touch them.
 - All of the above.
- 10) How should gardening tools be stored when not in use?
- They can be left anywhere.
 - Placed in a designated location to avoid physical hazards.
 - Leave them the last place they were used to pick fruits or vegetables.
 - All of the above.

Quiz questions for elementary module: QUIZ 4

- 1) What should we do if rotting or damaged fruits and vegetables are found?
 - a. Save them and eat them anyway.
 - b. Feed them to pets or animals that are around the garden.
 - c. Separate them from good produce and add them to a compost pile.
 - d. None of the above.

- 2) What should NOT be done with most fruits and vegetables before storing them?
 - a. Let them sit out for a few hours before storing them.
 - b. Place by rotting fruits and vegetables so everything is close together.
 - c. Put them in storage before cleaning.
 - d. All of the above.

- 3) What other surfaces need to be kept clean to keep fruits and vegetables safe?
 - a. Counter tops.
 - b. Cutting Boards.
 - c. Refrigerator shelves for refrigerated fruits and vegetables.
 - d. All of the above.

- 4) After washing fruits and vegetables after storage, how should they be dried?
 - a. Rub them with a reusable cloth towel.
 - b. Air-dry or blot the produce with paper towels.
 - c. Sun dry the produce items and wipe with a cloth towel.
 - d. Any of the above drying methods are preferred.

- 5) Throughout this video we have talked about several things that help us stay safe while working in the garden. Which of the following is not a way to stay safe?
 - a. Wearing gloves
 - b. Washing our hands, the produce, and anything that comes in contact with them
 - c. Not using garden tools as toys.
 - d. Wearing sandals.

- 6) What will fruits and vegetables look like that are good for eating?
 - a. Ripe and free from blemishes.
 - b. Rotting.
 - c. Spotted and cracked.
 - d. None of the above.

- 7) Why do we have to remove bad produce from the garden?
- To make sure we are providing a healthy product
 - To hide our failures
 - To keep the other produce from spoiling
 - Both A and C
- 8) What parts of the produce could show damage?
- The skin
 - The inside
 - The leaves
 - All of the above
- 9) Why are fruits and vegetables washed before eating them?
- To remove any additional dirt or debris that may be present on the fruit or vegetable after picking.
 - To remove chemicals that may still be present on the fruits or vegetables.
 - To remove potentially harmful microorganisms that could still be present on the fruits and vegetables.
 - All of the above.
- 10) How will you know where fruits and vegetables should be stored?
- Guess.
 - Ask your friend.
 - Ask your teacher.
 - Don't bother, just leave fruits and vegetables in storage bins next to the garden.