Can you guess the answer to the fruit or vegetable riddle below?

I'm a vegetable that is good for your eyesight. I grow under the ground and have a green top. What am I? [poure]

I am a beautiful red color with a green top, and grow in San Diego at the beginning of the summer. I taste great in smoothies, on cereal, and all by myself. I am sweet and am shaped like a heart. What am I? [ʎɹɹəqmeɹţs]

Grab one of these foods for a meal, snack, or energy boost!

I am a red fruit that can stain your hands when you eat me. I grow on bushes. Try putting me on your cereal! What am I? [səjijəq]

I am a tropical fruit. I am many different colors on the outside. To say my name, say the opposite of "WOMAN" and then say the opposite of "STOP." What am I? [obueul]

I am a melon that is orange on the inside with lots of seeds. I smell very sweet. My vitamin A helps to give you strong bones. What am I? [ednojequeo]



Fruit and Vegetable Riddle Challenge!



Many people think that I am a vegetable, but I am actually a fruit. People like to use me to make spaghetti sauce and pizza sauce. What am I? [oɪɐwo]

I look like a fuzzy little oval-shaped ball on the outside and when you cut me in half, you can eat my green insides with a spoon. What am I? [IMIN]

I am a fruit that grows on a tree, and come in many different colors. My name rhymes with "CHAIR" and you might need to stand on a chair to pick me! What am I? [Jeed]

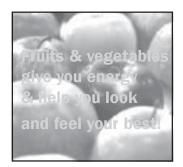
I am a small fruit that comes in a variety of colors, like purple, blue, red, yellow and green. I have a hard pit inside of me. I rhyme with "HUM". What am I?

[wnjd]



I am a fruit that comes in many colors and many names. I grow on trees and I am also a tasty juice. Sometimes you find half of a worm inside of me. What am I?

[apple]



I am a round fruit with a peel. I am also a color. I have a lot of vitamin C for your body, and you can also drink me anytime. What am I?

[orange]

I am a crunchy vegetable, with a lot of vitamin C and fiber. Some kids think that I look like a little green tree! What am I? [IIODDOJQ]

Fruits & vegetables give you energy & help you look and feel your best!

I come in different colors, like green and red. Before I became raisins, I was a bunch of these. What am I? [sədeɹ6]

I am a tropical fruit that is soft and bright orange on the inside. I taste very sweet. My name rhymes with "MAYA." What am I? [e/eded]



I am a fruit that is very spiky on the outside and yellow, soft and juicy on the inside. I have "APPLE" in my name, but I am not an apple! What am I? [əlddeəuid]

I come in long, crunchy pieces and I taste good with peanut butter. I have a lot of fiber and I am green. What am I? [ʎɹəjəɔ]



I am a yellow fruit with three of the letter "A" in my name. I have a lot of potassium to help your muscles work better. I am tough on the outside and soft on the inside. What am I?

[psusus]

Fact sheet made by SALUD+HEALTH INFO and the LATINO 5 A DAY CAMPAIGN. These fact sheet is also available in a Spanish-language version and may be reproduced to promoted education. Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer through the California Nutrition Network. For more information about the California Food Stamp Program, Please call 1-800-952-5253.