

National Nutrition Month Trivia - Week 1

1. What makes a vegetable cruciferous?
 - a. **Healthy**
 - b. **Bitter taste**
 - c. **Green color**
 - d. **Certain type of flower**
2. True or False: Eating cabbage may reduce the risk for certain types of cancer.
 - a. **True**
 - b. **False**
3. How many colors does cauliflower come in?
 - a. **1**
 - b. **2**
 - c. **3**
 - d. **4**
4. True or False: Consuming cruciferous vegetables is good for your gut health.
 - a. **True**
 - b. **False**
5. Which of these cruciferous vegetables have the most fiber per serving?
 - a. **Cabbage**
 - b. **Broccoli**
 - c. **Brussel Sprouts**
 - d. **Bok choy**

Bonus Round

6. Which vitamin are cruciferous vegetables, such as broccoli and cauliflower, not known to be rich in?
 - a. **Vitamin B12**
 - b. **Vitamin K**
 - c. **Vitamin A**
 - d. **Vitamin C**