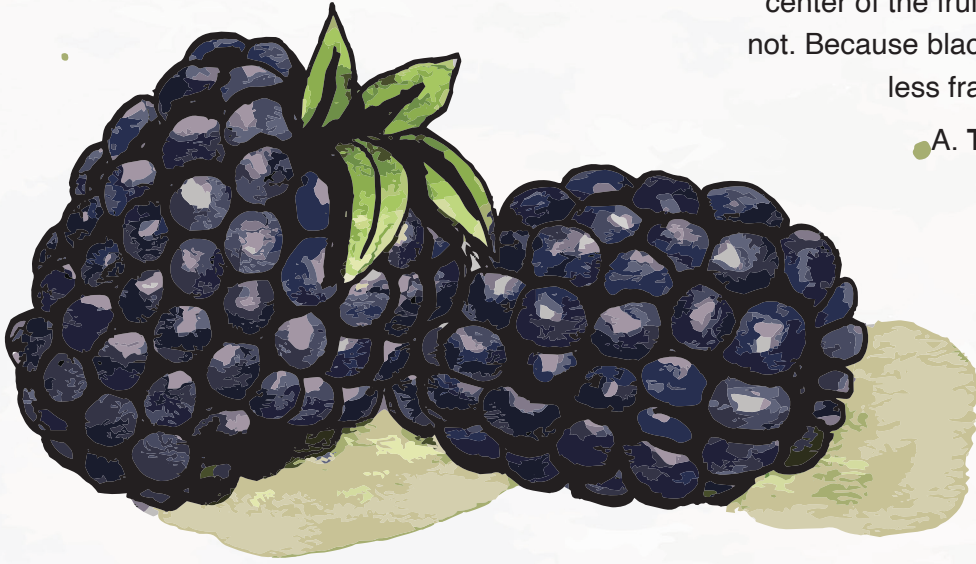


BERRY TRIVIA

True or False: When a raspberry is picked the center of the fruit is hollow, but blackberries are not. Because blackberries are not hollow, they are less fragile than raspberries.

- A. True B. False



ANSWER: A.

Farm to School
NEBRASKA



BERRY TRIVIA

True or False: Fiber helps make us full and keeps things moving in the digestive tract. 1 cup of berries has 8x more fiber than 1 cup of watermelon.

- A. True B. False



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ANSWER: A.

BERRY TRIVIA

Raspberries and Blackberries grow on _____ plants called _____.

- A. small, patches
- B. thorny, brambles
- C. large, trees
- D. shiny, stalks



BERRY TRIVIA

The strawberry is the only fruit that has its seeds on the outside. On average how many seeds are there on a strawberry?

- A. 25
- B. 90
- C. 200
- D. 1,000

