

Trivia Challenge

Answer Key

1. How many seeds are on the outside of a strawberry?

There are 200 seeds on the outside of the average strawberry. Strawberries are the only fruit that have seeds on the outside! Eight whole strawberries equal one cup of fruit.

2. When you eat spinach, what part of the plant are you eating?

When you eat spinach, you are eating the leaves of the spinach plant. Two cups of raw spinach equals one cup of vegetables.

3. What's the most popular fruit in the United States?

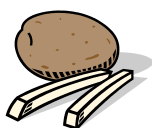
Bananas are the most popular fruit in the United States. The average American eats 28 pounds of bananas each year. Bananas are a good source of vitamin C, fiber, and potassium.

4. How long does it take to grow a pineapple?

It takes 18 months to grow a pineapple. Pineapples are grown from the crowns or tops of other pineapples. When the plants are about one year old they begin the flower. From this flower a new pineapples will emerge in about another 6 months.

5. What's the most popular vegetable in the United States?

Potatoes are the most popular vegetable in the United States. Most potatoes are eaten fried. One medium potato counts as one cup of vegetables.



6. Which U.S. state produces the most apples each year?

More than half of all apples grown in the United States come from Washington State. One medium apple counts as one cup of fruit. The average American eats 20 pounds of apples each year. That's about 66 apples per person per year!

7. When you eat celery, what part of the plant are you eating?

When we eat celery, we are eating the stems of the celery plant. Two large stems count as one cup of vegetables.

8. Which U.S. state produces the most grapes?

California produces over 90 percent of the grapes grown in the United States. Grapes are an excellent source of vitamin C. Thirty two seedless grapes equals one cup of fruit.

9. How many kernels are on the average ear of sweet corn?

The average ear of sweet corn contains about 800 kernels arranged in 16 rows. Sweet corn is a good source of vitamin C. One large ear or 1 cup of corn equals one cup of vegetables.

10. What's the most popular fruit in the world?

Around the world, people eat more mangos than any other fruit. Mangos are an excellent source of vitamins A and C. One half of a medium mango equals one cup of fruit.

