

Test Your Research Skills

The Great Big Yellow Banana Quiz - Fun Facts about Bananas 2

How much do you know about the world's favourite yellow-skinned fruit?

1. True or false - the banana plant is not really a tree, but the largest herb in the world...
a) true b) false
2. Which one of these sentences is true...?
a) bananas are high in potassium and low in fibre
b) bananas are high in potassium and low in vitamins
c) bananas are high in calories and low in fibre
d) bananas are high in fibre and high in potassium
3. How many natural sugars does one banana contain?
a) one b) two c) three d) four
4. Bananas are a favourite snack among athletes because...
a) they are a fun colour.
b) they contain a lot of sugar.
c) they provide plenty of vitamins, minerals and energy.
d) they can easily fit into an athlete's bag or pocket.
5. True or false - bananas help the brain to produce the mood-enhancing chemical serotonin, making those who eat them a happier bunch of people...!
a) true b) false
6. Wild bananas were originally found in...
a) Australia. b) Africa. c) Asia. d) Antarctica.
7. Complete the gap: "Some supermarkets sell _____ bananas, which are bought directly from the growers, at a fair price and with no 'middle-man'."
a) Realworld b) Fairtrade c) cheap and delicious d) organic
8. The UK banana trade is now worth...
a) over £40 million. b) over £60 million. c) over £400 million. d) over £600 million.
9. The Italian explorer Marco Polo enjoyed bananas when he travelled to Asia in the...
a) 1280's. b) 1380's. c) 1580's. d) 1880's.
10. How much fat does a normal 100 gram banana contain?
a) half a gram b) two grams c) nine grams d) twelve grams

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Answers:

1. a) true
2. d) bananas are high in fibre and high in potassium
3. c) three
4. c) they provide plenty of vitamins, minerals and energy.
5. a) true
6. c) Asia.
7. b) Fairtrade
8. d) over £600 million.
9. a) 1280's.
10. a) half a gram

Find out more fun stuff about bananas at these sites:

<http://www.fyffes.com>

<http://www.chiquita.com>

<http://www.banana.com>

<http://www.thebananagroup.uk.net>