

ANSWERS to the

Green Pea Gang's Trivia Challenge

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 (about 1 cup) count as one serving of your 5 A Day.

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. One cup of raw spinach equals one serving of your 5 A Day.

3. What is the green, leafy top of a pineapple called?

The top of a pineapple is called the crown. New pineapple plants are started by planting the crowns from fully-grown pineapples. One-half cup of fresh or canned pineapple counts as one serving of your 5 A Day.

4. How many plums does it take to make one 5 A Day serving of fruit?

Two medium plums count as one serving of your 5 A Day. Plums are an excellent source of vitamin C.

5. 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.

6. 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 pineapple will emerge in about another six months.

7. 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 serving of your 5 A Day.

8. 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 weighs about 138 grams and counts as one serving of your 5 A Day. The average American eats about 20 pounds of apples each year. That's about 66 apples per person per year!

9. 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 medium stems count as one serving of your 5 A Day.

10. Are tomatoes a fruit or a vegetable?

Any edible plant part that contains seeds is considered a fruit, so that means tomatoes are a fruit.

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

California produces over 90 percent of the table grapes grown in the United States. Just one-half cup (about 17 grapes) equals one 5 A Day serving of grapes. Grapes are an excellent source of vitamin C.

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

The average cob of sweet corn contains about 800 kernels arranged in 16 rows. One-half cup of kernels, or one medium cob, counts as one 5 A Day serving of corn. Sweet corn is a good source of vitamin C.

13. What's another name for prunes?

Prunes are also called dried plums because that's what they are! Five dried plums counts as one 5 A Day serving of fruit. Dried plums are a good source of fiber.

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

Around the world, people eat more mangos than any other fruit. One half of a medium mango counts as one serving of your 5 A Day. Mangos are an excellent source of vitamins A and C.

15. Which contains more fiber? Raspberries or an apple?

Both fruits are good sources of fiber, but per serving, raspberries contain more fiber than apples. One 5 A Day serving of raspberries equals one cup, which contains 8 grams of fiber while a medium apple contains 3.3 grams of fiber.

16. Which contains more water?

Watermelon or iceberg lettuce?

Most people would guess watermelon, but iceberg lettuce is the correct answer. Iceberg lettuce is 96 percent water while watermelon is 91 percent water.

17. What is the most popular berry in the United States?

Strawberries are the most popular fruit in the United States. Eight whole strawberries (about 1 cup) counts as one 5 A Day serving of fruit. Strawberries are a good source of fiber and vitamin C.

18. Which contains the most vitamin A per serving?

Oranges or cantaloupe?

An orange contains more vitamin C, but cantaloupe contains more vitamin A. One serving of cantaloupe (about 1 cup chopped) contains over 80% of your daily vitamin A and vitamin C!

19. Which contains more vitamin A?

Sweet potatoes or carrots?

Both carrots and sweet potatoes are great sources of vitamin A, but sweet potatoes are packed with more vitamin A than carrots. One medium sweet potato provides over four times your daily vitamin A needs, while one medium carrot provides about 1.5 times your daily vitamin A.

20. Which contains more vitamin C? Potatoes or broccoli?

Both are good sources of vitamin C, but broccoli contains 10 times more vitamin C per serving! One stalk of raw broccoli contains 200 percent your daily vitamin C while a small potato contains just 20 percent of your daily vitamin C.