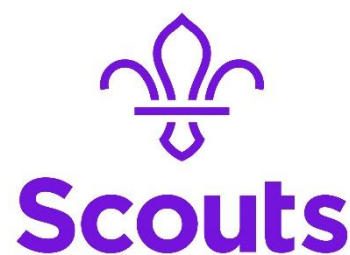


Healthy eating: True or false statements



Test everyone's knowledge of healthy eating with these fruity facts.

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| You should eat at least five portions of fruit and vegetables a day. | True | |
| Apples float in water but pears don't. | True | Pears don't absorb oxygen once they've been picked, which means they're usually too dense to float on water. Apples do absorb oxygen, even after they're picked, which means they're usually light enough to float on water. |
| Grapes become raisins when they're cooked. | False | Raisins are dried grapes. |
| Cucumbers are a vegetable. | False | Cucumbers are a fruit. |
| The seeds of strawberries grow on the outside, not the inside like with other fruit. | True | |
| Watermelons don't contain water. | False | Watermelons are mostly made up of water; each bite contains about 92 percent water and 6 percent sugar. |
| The longest recorded spit of a cherry stone is 28m. | True | |
| There are over 7000 types of apples grown all over the world. | True | |
| Bananas don't contain vitamin C. | False | Bananas are a good source of vitamin C. |
| Kiwi fruits contain half as much vitamin C as oranges. | False | On average, kiwi fruits contain twice as much vitamin C as oranges. |
| Under certain conditions, vegetables can be grown in space. | True | Potatoes were the first vegetable to be grown by astronauts, and scientists are still experimenting with what they can grow within their spaceship gardens. |
| Around the world, more oranges are used to make juice than are eaten raw. | True | |
| Pineapples take up to two months to grow. | False | It takes around two years on average to grow a pineapple. |
| Tomatoes are a vegetable. | False | Tomatoes are a fruit. |