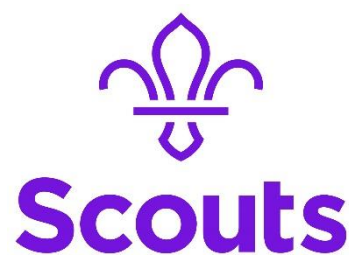


Healthy eating: True or false statements



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

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.

