



IS A BANANA PLANT REALLY A GIANT HERB?



TRUE OR FALSE

	True	False
A banana plant is really a giant herb	<input type="checkbox"/>	<input type="checkbox"/>
Most fruit and veggies have no fat	<input type="checkbox"/>	<input type="checkbox"/>
Eating too many carrots can turn your skin yellow	<input type="checkbox"/>	<input type="checkbox"/>
You need 3 apples to make one glass of apple juice	<input type="checkbox"/>	<input type="checkbox"/>
Broccoli and cauliflower are really lots of tiny flowers	<input type="checkbox"/>	<input type="checkbox"/>
Red capsicums have seven times more Vitamin A than green capsicums	<input type="checkbox"/>	<input type="checkbox"/>
One bucket of hot chips has 14 times more fat than a baked potato	<input type="checkbox"/>	<input type="checkbox"/>
Celery belongs to the parsley family	<input type="checkbox"/>	<input type="checkbox"/>
Cucumber, lettuce, zucchini and pumpkin are made up of 90% water	<input type="checkbox"/>	<input type="checkbox"/>

Answers

	True	False
A banana plant is really a giant herb	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Most fruit and veggies have no fat	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Eating too many carrots can turn your skin yellow	<input checked="" type="checkbox"/>	<input type="checkbox"/>
You need 3 apples to make one glass of apple juice	<input checked="" type="checkbox"/>	<input type="checkbox"/>
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Cucumber, lettuce, zucchini and pumpkin are made up of 90% water	<input checked="" type="checkbox"/>	<input type="checkbox"/>

- A banana plant is really a giant herb
- Most raw fruit and vegetables contain no fat
- Eating too many carrots can turn your skin yellow!
- You would need to process more than three apples to make just one glass of apple juice. Since there is no fibre in fruit juice it does not fill you up as much as fresh fruit does. Eat fresh fruit – it has more fibre, vitamins and minerals
- Broccoli and cauliflower is a mass of tight flowers
- Red capsicums have at least seven times more vitamin A than green capsicums
- One bucket of hot chips has 14 times more fat than a baked jacket potato. And potato crisps have 2 times more fat than hot chips. One 50 g packet has 3 teaspoons of fat
- Celery belongs to the parsley family
- Green beans, cabbage, cauliflower, celery, cucumber, lettuce, zucchini, onion, pumpkin, tomatoes are packed with vitamins and minerals but contain more than 90% water!