1. Where did bananas first come from?
   a) England  
   b) Malaysia  
   c) the Caribbean

2. How do peaches grow?
   a) In the ground  
   b) On trees  
   c) On vines

3. How long do potatoes take to grow?
   a) 2–8 weeks  
   b) 12–20 weeks  
   c) 22–30 weeks

4. What is a tomato?
   a) A fruit  
   b) A vegetable  
   c) A herb

5. What is this fruit?
   a) Papaya  
   b) Lychee  
   c) Rambutan

6. What do peas contain lots of?
   a) Fat  
   b) Protein  
   c) Sugar

7. Kiwis contain lots of vitamins – which does it have most of?
   a) Vitamin A  
   b) Vitamin B  
   c) Vitamin C

8. Raisins are dried...?
   a) Grapes  
   b) Apples  
   c) Figs

9. Watermelon is made up of 90% of what?
   a) Seeds  
   b) Sugar  
   c) Water

10. In the past herbs were used as medicines. What was mint supposed to be good for?
    a) Headaches  
    b) Stomach upsets  
    c) Dizziness

Answers on the next page!
How did you do?

1. Bananas first grew in the Malaysian jungle. Now they grow in tropical places around the world, like South America and the Caribbean.

2. Peaches grow on trees in dry, sunny countries.

3. Potatoes take around 12–20 weeks to grow. You can grow potatoes in a bucket. Find out how here!

4. A tomato is a fruit. But it’s often used in savoury dishes.

5. It is a rambutan. Rambutans grow in south-east Asia. You peel off the skin and eat the juicy fruit inside.

6. Peas are high in protein, a nutrient that is good for your body’s growth and repair.

7. Kiwis are high in vitamin C. One kiwi fruit contains all the vitamin C you need for a whole day. Vitamin C helps your body fight infections.

8. Raisins are dried grapes.

9. About 90% of watermelon is water!

10. Mint was thought to help settle stomach upsets. Some people still eat a mint after dinner, or enjoy a cup of peppermint tea to help their digestion. Find out about other handy herbs!

Discover even more in our A–Z of fruit and vegetables

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