

Broccoli Quiz

Question #1: Broccoli is a fantastic source of which nutrient?

- A) Vitamin A
- B) Vitamin B12
- C) Vitamin C
- D) Copper

Question #2: Which of the following vegetables is not related to broccoli?

- A) Bibb lettuce
- B) Kale
- C) Cabbage
- D) Cauliflower

Question #3: Roughly how many broccoli plants can grow on a single acre of land?

- A) 10,000
- B) 20,000
- C) 30,000
- D) 40,000

Question #4: In what ways could the compounds in broccoli help prevent cancer?

- A) With anti-inflammatory properties
- B) With anti-carcinogenic properties
- C) By protecting cells from DNA damage
- D) All of the above

Question #5: Roughly how much broccoli does the average person eat in a year?

- A) 5 pounds
- B) 6 pounds
- C) 7 pounds
- D) 8 pounds

Answers:

Question #1: C) Vitamin C

Broccoli is a vitamin C powerhouse, with 135% of your daily value (DV) for vitamin C in a single cup. It's also high in vitamin K, fiber, and folate.

Question #2: A) Bibb lettuce

Broccoli is a cruciferous vegetable, which means it is related to Brussels sprouts, cabbage, cauliflower, and kale. Not lettuce though, that's in a different family.

Question #3: C) 30,000

According to the USDA's Food and Nutrition Service, "Over 30,000 broccoli plants can grow on 1 acre of land."

Question #4: D) All of the above

Many studies support the idea that broccoli contains elements that may help reduce a person's risk of cancer. According to the National Cancer Institute, those risk-fighting properties may include fighting inflammation and carcinogens, fending off bacteria and viruses, and protecting cells from DNA damage.

Question #5: B) 6 pounds

The California Department of Public Health has revealed that "the average person in the United States ate nearly six pounds of fresh broccoli per year."

