

Peach Quiz!

Quiz Questions:

1. Peaches are a great source of which of the following nutrients?

- a) Vitamin A
- b) Potassium
- c) Vitamin C
- d) All of the above

2. True or false? When selecting peaches, choose ones that lack blemishes and are instead firm and heavy, with fuzzy skins.

3. What is the best way to store ripe peaches to help them last?

- a) On the counter
- b) In the refrigerator
- c) In a warm, moist environment
- d) In the bathroom

4. Which of the following is not a health benefit associated with eating peaches?

- a) Healthy teeth and gums
- b) Effective wound healing and immune support
- c) Strong bones
- d) Easier iron absorption

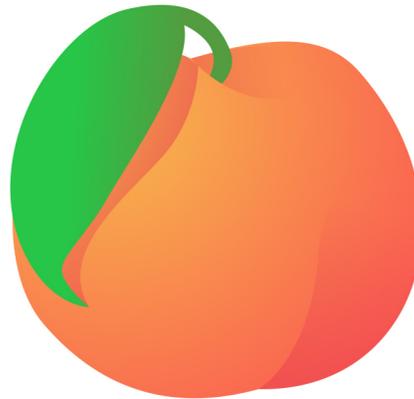
5. Where did peaches first grow?

- a) The USA
- b) China
- c) Australia
- d) Brazil

Quiz Answers:

1. d) All of the above.

A single large peach is loaded with nutrients, including 11% of your daily value for vitamin A, 10% of your daily value for potassium, and a whopping 19% of your daily value for vitamin C.



2. True.

When you choose peaches, make sure that they don't have bruises, blemishes, or scrapes. Instead, pick peaches that are firm and heavy, with fuzzy skins.

3. b) In the refrigerator.

Although most ripe peaches will last for a day or two on the counter, storing them in a plastic bag in the refrigerator extends their shelf life to a week or so.

4. c) Strong bones.

Vitamin C is a serious health booster, and peaches are loaded with it. Vitamin C promotes healthy teeth and gums, helps the body absorb iron, strengthens the immune system, and promotes wound healing. It does not, however, strengthen bones and teeth.

5. b) China.

According to the North Carolina Department of Agriculture and Consumer Services, "Cultivation of peaches began in China as early as 200 B.C [, though] By the mid-1700s, peaches were so plentiful in the United States that botanists thought of them as native fruits."