

Papaya Quiz!

It's Papaya Month! Are you ready to test your knowledge about this fantastic tropical fruit?

1. True or false? The papaya is also known as a pawpaw.

- A. True
- B. False

2. Fill in the blank: The papaya is native to _____.

- A. North America
- B. Central and South America
- C. Asia
- D. Australia

3. One small papaya contains roughly how much vitamin C?

- A. 60%
- B. 100%
- C. 160%
- D. 200%

4. Which of the following nutrients is *not* present in a papaya?

- A. Vitamin A
- B. Vitamin B6
- C. Vitamin C
- D. Vitamin D

5. True or false? Papayas contain chitinases, which are associated with the latex-fruit allergy syndrome.

- A. True

- B. False

6. Fill in the blank: Green papayas are rich in papain, which can be used to _____.

- A. Heal wounds
- B. Grow new papayas
- C. Tenderize meat
- D. All of the above

Answers:

- 1. A. True
- 2. B. Central and South America
- 3. C. 160%
- 4. D. Vitamin D
- 5. A. True
- 6. C. Tenderize meat

