

Questions & Answers

1. Cucumbers are _____ water

- a) 65 %
- b) 78%
- c) 96 %

2. Black seedless grapes contain _____ of vitamin A as compared to red or white grapes

- a) The same amount
- b) Double the amount
- c) Triple the amount

3. What is the recommended daily allowance of magnesium for men above 31 yrs old ?

- a) 370 mg
- b) 420 mg
- c) 510 mg

4. Upon canning corn, some would ...

- a) not change
- b) turns to light brown
- c) turns to light orange

5. When boiling vegetables in water it loses most of its vitamin _____ content

- a) A
- b) B12
- c) C

6. 100 gr of watermelon provide _____ Kcal

- a) 30
- b) 60
- c) 90

7. Green tea is rich in ...agents

- a) Anti-inflammatory
- b) Anti-oxidants
- c) Anti-bacterial



8. Omega-3 fatty acids are mainly found in ...

- a) Meats
- b) Chicken
- c) Fish

9. If a person suffers from an ulcer, he/she should avoid ... rich foods

- a) carbohydrates-
- b) proteins-
- c) fats-

10. 10 grapes(60 gr) provideKcal

- a) 20
- b) 40
- c) 60

A

n s w e r s

1. c

The flesh of cucumbers is primarily composed of water (96%) but also contains ascorbic acid (vitamin C) and caffeic acid, both of which help soothe skin irritations and reduce swelling. Cucumbers' hard skin is rich in fiber and contains a variety of beneficial minerals including silica, potassium and magnesium.

2. b

Black seedless grapes contain double the amount of vitamin A as compared to red or white seedless grapes. Grapes contain beneficial compounds called flavonoids, which are phytochemicals that give the vibrant purple color to grapes, grape juice and red wine; the stronger the color, the higher the concentration of flavonoids.

3. b

Magnesium is the fourth most abundant mineral in the body and is essential to good health. Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong.

Eating a wide variety of legumes, nuts, whole grains, and vegetables will help you meet your daily dietary need for magnesium. The RDA for magnesium for men above 31 is 420 mg.

4. b

With the advanced canning technology, it is rare for a vegetables or fruit to change in color; the majority of canned corn stays bright yellow but some would turn into light brown due to caramelization of sugars. Light brown corn is the result of the variety, over-maturity, or over processing.

5. c

Some vitamins are more stable (less affected by processing) than others. Water soluble vitamins (B-group and C) are more unstable than fat soluble vitamins (K, A, D and E) during food processing and storage. The most unstable vitamins include: Vitamin C, Folate, and Thiamin

6. a

Sweet, juicy watermelon is actually packed with some of the most important antioxidants in nature. Watermelon is an excellent source of vitamin C and a very good source of vitamin A, notably through its concentration of beta-carotene. Watermelon has extremely high water content, approximately 92% and only 30 calories per 100 gr

7. b

Green tea is particularly rich in health-promoting flavonoids (which account for 30% of the dry weight of a leaf), including catechins and their derivatives. The most abundant catechin in green tea is epigallocatechin-3-gallate (EGCG), which is thought to play a pivotal role in the green tea's anticancer and antioxidant effects. Catechins have been found to be more potent free radical scavengers than the well known antioxidants vitamins E and C.

8. c

Fish, particularly cold water fish like cod, have been shown to be very beneficial for people with atherosclerosis and diabetic heart disease because it is rich in omega 3 fatty acids. Studies show that people who eat fish regularly have a much lower risk of heart disease and heart attack than people who don't consume fish.

9. c

For some people, certain foods seem to aggravate their symptoms.

Eat foods that are low fat

♦ Avoid foods that are fried, Avoid foods that are spicy

Some People need to cut down on the following foods:

- ♦ Coffee
- ♦ Decaffeinated coffee
- ♦ Tea
- ♦ Cola drinks
- ♦ Carbonated beverages
- ♦ Citrus fruits
- ♦ Tomato-based products
- ♦ Chocolate

10. b

Grapes are rich in anthocyanins, flavones, geraniol, linalol, nerol and tannins. Experts believe these compounds protect against cancer. In addition, red grapes contain resveratrol which is believed to help reduce cholesterol and protect the heart. Grapes also contain some potassium. Raisins are dried grapes. They are rich in nutrition but extremely high in calories. One cup of raisins is the calorie equivalent of eight cups of fresh grapes. Raisins are a good source of iron, potassium and selenium and also contain vitamin A and some vitamin B. Raisins are also rich in fiber. Raisins are beneficial for high blood pressure, fluid retention, constipation and anemia. Their high calorie content makes them an ideal snack for anyone involved in sports