



Banana Nutrition and Extinction: Essential Facts

Description

Bananas are a ubiquitous food item in many diets and rank among the most popular fruits worldwide (1).

They are highly favored by members of MyFitnessPal, being the top food choice recorded, showcasing their broad appeal.

Not only are bananas convenient, readily available, and cost-effective, but they also make for a simple addition to various dishes. They are commonly enjoyed in smoothies, with breakfast cereal, or as a standalone snack.

In numerous countries, particularly those with lower incomes, bananas serve as a valuable source of nutrition (1). Packed with essential nutrients like potassium, vitamin B6, and dietary fiber, bananas are a nourishing option (2).

The looming threat of the banana industry faces is the emergence of a new strain of fusarium wilt, known as TR4 or "Panama disease," which targets the roots, leading to plant decay and death (4). If unchecked, this disease could result in the extinction of the popular Cavendish banana.

To combat this crisis, researchers are diligently working to identify genes within the fungus that may safeguard Cavendish bananas from extinction (7). However, the potential loss of the Cavendish banana could have a significant impact on communities and economies reliant on the banana industry for sustenance and livelihoods.

In light of these developments, it is essential to consume bananas in moderation as part of a varied and balanced diet encompassing an array of fruits and vegetables to support both personal health and environmental sustainability.

Vocabulary List:

1. **Ubiquitous** /ju'bi:k.wi.təs/ (adjective): Present appearing or found everywhere.
2. **Convenient** /kən'vi:ni.ənt/ (adjective): Fitting in well with a person's needs activities and plans.
3. **Nourishing** /'nɜ:ri.f.i.ŋ/ (adjective): Providing the substances necessary for growth and health.
4. **Sustenance** /'sʌs.tən.əns/ (noun): Food and drink regarded as a source of strength; nourishment.
5. **Extinction** /ɪk'stiŋk.jən/ (noun): The state or process of a species family or larger group being or becoming extinct.
6. **Moderation** /,mɒd.ər'ei.jən/ (noun): The avoidance of excess or extremes especially in one's behavior or political opinions.



Comprehension Questions

Multiple Choice

1. What makes bananas highly favored by members of MyFitnessPal?
Option: Cost-effectiveness
Option: Convenience
Option: Broad appeal
Option: All of the above
2. Which essential nutrient is NOT found in bananas?
Option: Potassium
Option: Vitamin B6
Option: Vitamin C
Option: Dietary fiber
3. What is the major threat to the banana industry mentioned in the text?
Option: Climate change
Option: New strain of fusarium wilt
Option: Pesticide overuse
Option: Soil erosion
4. What are researchers working on to safeguard Cavendish bananas from extinction?
Option: Identifying genes within the fungus
Option: Developing a new pesticide
Option: Introducing genetically modified bananas
Option: Changing the cultivation practices
5. What could be the consequence of the potential loss of the Cavendish banana?
Option: Decrease in banana consumption
Option: Increase in banana prices
Option: Significant impact on communities and economies
Option: Improvement in banana quality
6. Why is it essential to consume bananas in moderation according to the text?
Option: To prevent banana shortages



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- Option: To reduce environmental impact
 - Option: To support personal health and environmental sustainability
 - Option: To limit banana exportation

True-False

- 7. Bananas are a rare fruit found only in specific regions.
- 8. The new strain of fusarium wilt is called TR4 or "Panama disease."
- 9. Consuming an excess of bananas is recommended for a healthy diet.
- 10. The potential loss of Cavendish bananas may not impact communities and economies.
- 11. Researchers are not actively working to find solutions for the banana industry threat.
- 12. Fusarium wilt affects the leaves of the banana plant.
- 13. Bananas are a valuable source of nutrition, packed with essential nutrients like potassium, vitamin B6, and dietary fiber.

Gap-Fill

- 14. The emergence of a new strain of fusarium wilt, known as TR4 or "Panama disease," poses a threat to the extinction of the popular _____ banana.
- 15. Researchers are diligently working to identify genes within the fungus that may safeguard Cavendish bananas from _____.
- 16. It is essential to consume bananas in moderation as part of a varied and balanced diet to support personal health and _____ sustainability.
- 17. The potential loss of the Cavendish banana could have a significant impact on _____ and economies reliant on the banana industry for sustenance and livelihoods.



18. Bananas are commonly enjoyed in smoothies, with breakfast cereal, or as a standalone

Answer

Multiple Choice: 1. All of the above 2. Vitamin C 3. New strain of fusarium wilt 4. Identifying genes within the fungus 5. Significant impact on communities and economies 6. To support personal health and environmental sustainability

True-False: 7. False 8. True 9. False 10. False 11. False 12. False 13. False

Gap-Fill: 14. Cavendish 15. extinction 16. environmental 17. communities 18. snack

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which word means present appearing or found everywhere?

Option: Ubiquitous

Option: Versatility

Option: Moderation

Option: Hydration

2. What is the process of providing an adequate amount of water to bodily tissues?

Option: Composition

Option: Hydration

Option: Detrimental

Option: Extinction

3. Which term refers to essential nutrients required by the body in small amounts?

Option: Mitigate

Option: Ubiquitous

Option: Micronutrient

Option: Polypharmacy

4. Which word describes something delicate and precise yet difficult to perceive?

Option: Versatility

Option: Subtle

Option: Autoimmune

Option: Complications



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5. What term indicates something causing harm or damage?
Option: Incidence
Option: Detrimental
Option: Advocate
Option: Mitigate
6. Which term refers to the avoidance of excess or extremes?
Option: Psychotropic
Option: Moderation
Option: Sustaining
Option: Prevalent
7. What describes the makeup or structure of something?
Option: Replenish
Option: Composition
Option: Versatility
Option: Sustaining
8. What term refers to a process causing redness swelling and pain in the body?
Option: Prevalent
Option: Mitigate
Option: Inflammatory
Option: Versatility
9. Which term refers to a condition where the body's immune system attacks its own cells?
Option: Autoimmune
Option: Sustenance
Option: Psychotropic
Option: Hydration
10. What are substances that conduct electricity when dissolved in water?
Option: Detrimental
Option: Ubiquitous
Option: Electrolytes
Option: Moderation

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The _____ of skills in the team allowed them to adapt to various challenges.
12. It is important to implement strategies to _____ the effects of climate change.



13. Vitamin D deficiency is quite _____ in regions with limited sunlight.
14. The conservation efforts are aimed at preserving and _____ the natural environment.
15. The patient developed severe _____ after the surgery.
16. She has always been an _____ for animal rights.
17. After a strenuous workout it is important to _____ fluids and nutrients.
18. Sleep is _____ for overall health and well-being.
19. The discovery of a new species in the area highlights the ecological _____ of the region.
20. The _____ of diabetes has increased in urban populations over the years.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Eating a balanced diet with fruits and vegetables is essential for maintaining good health.
22. Conservation efforts are crucial to protect endangered species from disappearing completely.
23. The chef's versatility in preparing various cuisines impressed the restaurant patrons.
24. Certain medications have psychotropic effects that can impact mood and perception.
25. The elderly patient experienced adverse effects due to the practice of polypharmacy.
26. Excessive sugar consumption can have detrimental effects on overall health.
27. Planting trees is one way to mitigate the impact of carbon emissions on the environment.
28. The organization serves as an advocate for marginalized communities striving for social justice.
29. Micronutrient deficiencies can lead to various health issues if not addressed through proper diet.
30. The gut microbiome plays a crucial role in digestion and immune function.



Answer

Multiple Choice: 1. Ubiquitous 2. Hydration 3. Micronutrient 4. Subtle 5. Detrimental 6. Moderation
7. Composition 8. Inflammatory 9. Autoimmune 10. Electrolytes

Gap-Fill: 11. Versatility 12. Mitigate 13. Prevalent 14. Sustaining 15. Complications 16. Advocate 17.
Replenish 18. Vital 19. Significance 20. Incidence

Matching sentence: 1. Nourishing 2. Extinction 3. Versatility 4. Psychotropic 5. Polypharmacy 6. Detrimental
7. Mitigate 8. Advocate 9. Micronutrient 10. Microbiome

CATEGORY

1. Health - LEVEL5

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Author

aimeeyoung99

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