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# Banana Nutrition Facts & The Threat of Extinction

## Description

How Many Bananas Should You Eat In a Week? | MyFitnessPal

Bananas are a popular fruit. Many people eat them every day. They are easy to find and not very expensive. You can eat bananas alone, in smoothies, or with cereal.

Bananas are good for you. They have important nutrients like potassium and vitamin B6. These nutrients help your heart and digestion. Eating bananas can also help your body stay healthy.

However, you should not only eat bananas. It is best to have different fruits and vegetables. The World Health Organization (WHO) says to eat at least five servings a day. This helps prevent diseases.

Most healthy adults can safely eat one or two bananas each day. But if you have health issues, like kidney disease, you may want to eat fewer bananas. Always talk to your doctor if you have questions.

In conclusion, enjoy bananas, but eat a variety of other fruits too. This way, you will stay healthy and help the planet.

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## Vocabulary List:

1. **Nutrients** /'nju:.tri.ənts/ (noun): Substances that provide nourishment essential for growth and the maintenance of life.
2. **Potassium** /pə'tæsiəm/ (noun): A chemical element important for various bodily functions especially fluid balance and muscle contractions.
3. **Digestion** /di'dʒɛs.tʃən/ (noun): The process by which food is broken down in the body to be used for energy and growth.
4. **Prevent** /pri'vent/ (verb): To stop something from happening.
5. **Servings** /'sɜrvɪŋz/ (noun): The amount of food suitable for one person to eat at one time.
6. **Variety** /və'raɪ.ə.ti/ (noun): The quality or state of being different or diverse; the absence of uniformity.

## Comprehension Questions

### Multiple Choice



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1. Which nutrients are found in bananas that are beneficial for heart and digestion?  
Option: Vitamin C and Iron  
Option: Potassium and Vitamin B6  
Option: Calcium and Fiber  
Option: Vitamin A and Magnesium
  
  2. How many servings of fruits and vegetables per day does the World Health Organization recommend for disease prevention?  
Option: At least 2 servings  
Option: At least 3 servings  
Option: At least 5 servings  
Option: At least 8 servings
  
  3. What health issue may prompt individuals to reduce their banana intake?  
Option: High cholesterol  
Option: Diabetes  
Option: Kidney disease  
Option: Anemia
  
  4. Who should individuals consult before making significant dietary changes like reducing banana intake?  
Option: Personal trainer  
Option: Nutritionist  
Option: Dentist  
Option: Doctor
  
  5. How many bananas can most healthy adults safely consume each day?  
Option: 3-4 bananas  
Option: 1-2 bananas  
Option: 5-6 bananas  
Option: 7-8 bananas
  
  6. Which organization suggests enjoying a variety of fruits to stay healthy?  
Option: NASA  
Option: WHO  
Option: UNICEF  
Option: NATO



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### True-False

- 7. Eating only bananas is recommended for a balanced diet.
- 8. Increasing daily fruit intake can help prevent certain diseases.
- 9. Individuals with kidney disease should consume more bananas for health benefits.
- 10. Consulting with a doctor is necessary before changing banana consumption for those with health concerns.
- 11. Bananas contain vitamin D, which is essential for bone health.
- 12. Balancing banana intake with other fruits and vegetables is recommended for overall health.

### Gap-Fill

- 13. It is suggested to eat at least \_\_\_\_\_ servings of fruits and vegetables per day for disease prevention according to WHO.
- 14. Most healthy adults can safely consume one or two bananas \_\_\_\_\_ each day.
- 15. For individuals with health issues like kidney disease, reducing banana intake is advisable. Always consult with your \_\_\_\_\_ if you have concerns.
- 16. Enjoying a variety of fruits, not just bananas, is key to maintaining overall health and \_\_\_\_\_ for the planet.
- 17. Bananas are rich in important nutrients like potassium and vitamin \_\_\_\_\_.
- 18. Eating bananas alone may not provide all the necessary nutrients; therefore, incorporating other fruits and vegetables is \_\_\_\_\_ for a balanced diet.



## Answer

**Multiple Choice:** 1. Potassium and Vitamin B6 2. At least 5 servings 3. Kidney disease 4. Doctor 5. 1-2 bananas 6. WHO

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

**Gap-Fill:** 13. five 14. each day 15. doctor 16. help 17. B6 18. essential

## Vocabulary quizzes

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

1. Which of the following is a waxy fat-like substance found in the cells of the body?

- Option: Potassium
- Option: Cholesterol
- Option: Calories
- Option: Protein

2. Which condition is characterized by excessive body weight and fat accumulation?

- Option: Repair
- Option: Obesity
- Option: Risk
- Option: Binge drinking

3. A stroke occurs when the blood supply to the brain is interrupted leading to what?

- Option: Excess
- Option: Digestion
- Option: Stroke
- Option: Menopause

4. Which substances provide nourishment essential for growth and the maintenance of life?

- Option: Study
- Option: Binge drinking
- Option: Nutrients
- Option: Medication

5. Which substance when consumed in excess can lead to various health issues such as liver damage?



- Option: Trend
- Option: Alcohol
- Option: Plaque
- Option: Variety

6. Which macronutrient is essential for building and repairing tissues in the body?

- Option: Drive
- Option: Cholesterol
- Option: Calories
- Option: Protein

7. The act of using or having something is known as?

- Option: Servings
- Option: Balance
- Option: Consumption
- Option: Risk

8. Maintaining a state of equilibrium or stability is referred to as?

- Option: Prevent
- Option: Balance
- Option: Trend
- Option: Menopause

9. The potential of gaining or losing something of value is commonly referred to as?

- Option: Potassium
- Option: Risk
- Option: Excess
- Option: Suffering

10. Having a diverse range or assortment of something is described by what term?

- Option: Servings
- Option: Variety
- Option: Cholesterol
- Option: Research

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

11. \_\_\_\_\_ in the arteries can restrict blood flow and lead to cardiovascular issues.

12. Women may experience hormonal changes during \_\_\_\_\_.



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13. Nutrients are primarily \_\_\_\_\_ in the small intestine.
14. Motivation is a key factor that can influence an individual's ambition and \_\_\_\_\_.
15. Conducting a scientific investigation to acquire new knowledge is referred to as a  
\_\_\_\_\_.
16. Regular exercise and a balanced diet can help \_\_\_\_\_ certain health conditions.
17. Consuming calories in \_\_\_\_\_ of what the body needs can lead to weight gain.
18. Severe pain or distress can result in significant \_\_\_\_\_.
19. Systematic investigation of a subject to establish facts and reach new conclusions is called  
\_\_\_\_\_.
20. Maintaining a \_\_\_\_\_ lifestyle involves regular exercise and a balanced diet.

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



21. The process by which the body breaks down food into smaller nutrients for absorption.
22. The likelihood of harm or loss occurring in a given situation.
23. Consuming an excessive amount of alcohol in a short period of time.
24. Substances used to treat cure or prevent diseases or medical conditions.
25. An investigation conducted to gain knowledge or understanding of a subject.
26. A general direction in which something is developing or changing.
27. Maintaining stability and harmony in various aspects of life.
28. The process of fixing or restoring something that is damaged or broken.
29. Taking action to stop something from happening before it occurs.
30. The portions or quantities of food served or consumed at a meal.

## Answer

**Multiple Choice:** 1. Cholesterol 2. Obesity 3. Stroke 4. Nutrients 5. Alcohol 6. Protein 7. Consumption 8. Balance 9. Risk 10. Variety

**Gap-Fill:** 11. Plaque 12. Menopause 13. Absorb 14. Drive 15. Study 16. Prevent 17. Excess 18. Suffering 19. Research 20. Healthy

**Matching sentence:** 1. Digestion 2. Risk 3. Binge drinking 4. Medication 5. Study 6. Trend 7. Balance 8. Repair 9. Prevent 10. Servings

## CATEGORY

1. Health - LEVEL1

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