



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.

Vocabulary List:

1. **Nutrients** /'nju:tri.ənts/ (noun): Substances that provide nourishment essential for growth and the maintenance of life.
2. **Potassium** /pə'tæs.i.əm/ (noun): A mineral important for heart function muscle contractions and nerve signaling.
3. **Variety** /və'raɪ.ə.ti/ (noun): The quality or state of being different or diverse.
4. **Servings** /'sɜ:vɪŋz/ (noun): An amount of food suitable for or served to one person.
5. **Prevent** /prɪ'vent/ (verb): To keep something from happening or arising.
6. **Healthy** /'heɪ.θi/ (adjective): Being in good health; promoting or conducive to good health.

Comprehension Questions

Multiple Choice

1. Which nutrients are found in bananas?

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 does WHO recommend per day?

- Option: Three servings
- Option: Five servings
- Option: Seven servings
- Option: Ten servings

3. How many bananas can most healthy adults safely eat per day?

- Option: None
- Option: Three to four bananas
- Option: One to two bananas
- Option: Five or more bananas

4. What health issue might prompt someone to eat fewer bananas?

- Option: Diabetes
- Option: Heart disease
- Option: Kidney disease
- Option: Hypertension

5. Which organization recommends eating a variety of fruits and vegetables to prevent diseases?

- Option: UNESCO
- Option: FIFA
- Option: WHO
- Option: WWF

6. Why is it important to eat a variety of fruits and vegetables?

- Option: To save money
- Option: To help the planet
- Option: To only eat what you like
- Option: To meet WHO guidelines

True-False

7. Bananas contain Vitamin B6.



8. Eating one type of fruit every day is recommended for good health.
9. Consulting a doctor before making significant dietary changes is advisable.
10. WHO recommends at least seven servings of fruits and vegetables per day.
11. Bananas can help in maintaining heart health.
12. Kidney disease may require a person to limit their banana intake.

Gap-Fill

13. Eating at least five servings of fruits and vegetables per day helps prevent _____.
14. Always consult your doctor if you have _____ about your dietary choices.
15. Most healthy adults can safely eat one or two bananas _____.
16. To stay healthy, it is important to eat a variety of fruits and vegetables, not just _____.
17. Enjoy bananas in moderation, but remember to also include _____ in your diet.
18. The nutrients in bananas are beneficial for your heart and _____.

Answer

- Multiple Choice:** 1. Potassium and Vitamin B6 2. Five servings 3. One to two bananas 4. Kidney disease 5. WHO 6. To help the planet
- True-False:** 7. True 8. False 9. True 10. False 11. True 12. True
- Gap-Fill:** 13. diseases 14. questions 15. each day 16. bananas 17. other fruits 18. digestion

Answer

CATEGORY

1. Health - LEVEL1

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