



Banana Nutrition Facts: Vital Info on Extinction Warnings!

Description

Bananas are a popular fruit that many people enjoy. They are rich in nutrients like potassium, vitamin B6, and fiber, making them a healthy choice. However, bananas are facing a crisis due to a fungus that is threatening their existence. Scientists are working hard to protect bananas from extinction.

It is recommended that most healthy adults can safely eat one to two medium bananas per day. Bananas offer many health benefits, such as preventing chronic diseases and supporting heart health. However, it is important to eat a variety of fruits and vegetables to ensure a balanced diet. Other fruits like blueberries, kiwi, and oranges are good alternatives to bananas.

In conclusion, while bananas are a nutritious fruit, it is important to eat a variety of fruits and vegetables to support your health and the environment. Enjoy bananas in moderation as part of a diverse diet to stay healthy.

Vocabulary List:

1. **Nutrients** /'nju:tri.ənts/ (noun): Substances that provide nourishment for growth and maintenance of life.
2. **Existence** /ɪg'zɪst.əns/ (noun): The state of being especially the fact of being real or living.
3. **Extinction** /ɪk'stɪŋk.jən/ (noun): The state or situation that results when something (e.g. a species) is completely destroyed or no longer exists.
4. **Chronic** /'krɒn.ɪk/ (adjective): Persisting for a long time or constantly recurring often used in the context of diseases.
5. **Support** /sə'pɔ:rt/ (verb): To give assistance or enable something to continue.
6. **Moderation** /,mɒd.ə'reɪ.jən/ (noun): The quality of being moderate; avoidance of excess or extremes.

Comprehension Questions

Multiple Choice

1. What nutrients are bananas rich in?

Option: Vitamin C and Iron

Option: Potassium, Vitamin B6, and Fiber

Option: Vitamin A and Calcium



Option: Protein and Zinc

2. What is currently threatening the existence of bananas?

- Option: Drought
- Option: Pesticides
- Option: Fungus
- Option: Overconsumption

3. How many medium bananas per day are recommended for most healthy adults?

- Option: 3-5
- Option: 1-2
- Option: 1/2
- Option: 6-8

4. Which of the following fruits are suggested as good alternatives to bananas?

- Option: Grapes and Watermelon
- Option: Pineapple and Mango
- Option: Blueberries, Kiwi, and Oranges
- Option: Apples and Pears

5. What do bananas help prevent according to the content?

- Option: Allergies
- Option: Chronic diseases
- Option: Broken bones
- Option: Memory loss

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

- Option: To save money
- Option: To balance the diet
- Option: To avoid bananas
- Option: To increase sugar intake

True-False

7. Bananas are rich in Vitamin B12.

8. It is crucial to consume only bananas for a balanced diet.



9. Eating bananas can support heart health.
10. A fungus is currently threatening the existence of bananas.
11. Blueberries, kiwi, and oranges are not recommended fruits to eat.
12. Bananas should be enjoyed in large quantities to maintain health.

Gap-Fill

13. Most healthy adults can safely eat one to two medium bananas per _____.
14. Other fruits like blueberries, kiwi, and oranges are good _____ to bananas.
15. Enjoy bananas in moderation as part of a diverse diet to stay _____.
16. Scientists are working hard to protect bananas from _____.
17. It is important to eat a variety of fruits and vegetables to ensure a balanced _____.
18. Bananas are a nutritious fruit that is rich in _____ like potassium and fiber.

Answer

Multiple Choice: 1. Potassium, Vitamin B6, and Fiber 2. Fungus 3. 1-2 4. Blueberries, Kiwi, and Oranges
5. Chronic diseases 6. To balance the diet

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

Gap-Fill: 13. day 14. alternatives 15. healthy 16. extinction 17. diet 18. nutrients

Vocabulary quizzes

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

1. What type of medication is used to relieve nasal congestion?



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- Option: Antibiotic
Option: Analgesic
Option: Decongestant
Option: Antihistamine
2. Which term describes the chemical processes within living organisms?
- Option: Cognition
Option: Metabolism
Option: Autophagy
Option: Stigma
3. What is physical activity done to maintain or improve health called?
- Option: Rest
Option: Exercise
Option: Fasting
Option: Diagnosis
4. Which substance is commonly found in nasal decongestant medications?
- Option: Phenylephrine
Option: Cortisol
Option: Autophagy
Option: Nutrients
5. What term relates to the mental processes of perception memory and reasoning?
- Option: Sensitivity
Option: Cognitive
Option: Support
Option: Diagnoses
6. What is the natural regulated mechanism of the cell that removes unnecessary or dysfunctional components?
- Option: Chronic
Option: Performance
Option: Extinction
Option: Autophagy
7. What is the mark of disgrace associated with a particular circumstance quality or person?
- Option: Fasting
Option: Moderation
Option: Diagnosis
Option: Stigma
8. What term describes a disease or condition that persists over a long period?



- Option: Push-ups
- Option: Chronic
- Option: Authorities
- Option: Intermittent

9. What form of exercise strengthens the upper body muscles?

- Option: Push-ups
- Option: Version
- Option: Suggested
- Option: Research

10. Who has the power to make decisions and enforce rules?

- Option: Exercise
- Option: Cortisol
- Option: Authorities
- Option: Health

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

11. Doctors use various tests to make _____ when identifying illnesses.
12. Intermittent _____ has been shown to have benefits for metabolism and autophagy.
13. Having a good social _____ system is essential for mental health.
14. Eating a balanced diet ensures your body gets essential _____ for proper function.
15. Enjoying treats in _____ is key to maintaining a healthy diet.
16. Always use the latest _____ of software to benefit from bug fixes and new features.
17. Scientists conduct _____ to gather data and draw conclusions about various phenomena.
18. Athletes work hard to enhance their _____ and achieve their personal best.
19. Philosophers ponder questions about the meaning and purpose of human _____.
20. The disappearance of a species from the planet is known as _____.



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

21. fasting is an eating pattern that cycles between periods of eating and fasting.
22. The to taste varies among individuals influencing food preferences.
23. Regular exercise is essential for maintaining good and overall well-being.
24. Professional athletes focus on improving their physical and mental to excel in their respective sports.
25. Including activities like in your workout routine can enhance upper body strength.
26. Critical thinking skills help individuals solve complex effectively.
27. A medical involves identifying the cause of a patient's symptoms.
28. Friends and family provide emotional during challenging times.
29. Discoveries made through scientific contribute to advancements in various fields.
30. Regular routines improve cardiovascular health and muscle tone.

Answer

Multiple Choice: 1. Decongestant 2. Metabolism 3. Exercise 4. Phenylephrine 5. Cognitive 6. Autophagy 7. Stigma 8. Chronic 9. Push-ups 10. Authorities

Gap-Fill: 11. diagnoses 12. fasting 13. support 14. nutrients 15. moderation 16. version 17. research 18. performance 19. existence 20. extinction

Matching sentence: 1. Intermittent 2. Sensitivity 3. Health 4. Performance 5. Push-ups 6. Problems 7. Diagnosis 8. Support 9. Research 10. Exercise

CATEGORY

1. Health - LEVEL2

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