

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.ants/ (noun): Substances that provide nourishment for growth and maintenance of life.
- 2. Existence /ɪgˈzɪst.əns/ (noun): The state of being especially the fact of being real or living.
- 3. **Extinction** /ɪk'stɪŋk.ʃən/ (noun): The state or situation that results when something (e.g. a species) is completely destroyed or no longer exists.

NEWS.CC

- 4. **Chronic** /'krpn.ik/ (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 /,mpd.ə'reɪ.ʃən/ (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 b	pananas 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	o stay
16. Scientists are working hard to protect bananas from	COL
17. It is important to eat a variety of fruits and vegetables t	o 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?





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? NEWS.CC

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. Intermittenth	nas been shown to have benefits for m	netabolism and autophagy				
13. Having a good social	system is essential for mental	health.				
14. Eating a balanced diet ensures your boo	dy gets essential	for proper function.				
15. Enjoying treats in	is key to maintaining a healthy di	iet.				
16. Always use the latest	of software to benefit from bu	ug fixes and new features.				
17. Scientists conduct	to gather data and draw conclus	ions about various				
phenomena.						
18. Athletes work hard to enhance their	and achieve th	eir 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

Date Created 2024/11/04 Author aimeeyoung99