

# FRUIT FACTS



A strawberry is not an actual berry, but a banana is.

Apples float in water because they are 25% air.



Tomatoes are a fruit not a vegetable. Tomatoes are the most popular fruits in the world.

Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.



An average strawberry has around 200 seeds

Pumpkins and avocados are fruits not vegetables.



Dark green vegetables include more vitamin C than light green colour vegetables

Banana is not a fruit in reality, it is an herb



Because bananas are easy to digest and are very nutritious they are the first fruit offered to babies.

Mangoes are the most favourite and number 1 fruit in the world.



Strawberries and cashews are the only fruits that have their seeds on the outside unlike all other fruits which have their seeds inside

Kiwi contains twice as much Vitamin C as an orange



There are over 7000 different types of apples grown all over the world.

Unlike bananas grapes can no longer ripen once picked.



You can speed up the ripening of a pineapple by standing it upside down (on the leafy end).



Lemons can kill bacteria-as they have high content of acid which makes them suitable for cleaning.



Some horticulturists suspect that the banana was the earth's first fruit.

A banana ripens quickly (overnight), when you put it into a brown paper bag with an apple or tomato.



Dried fruits contain more calories than fresh fruits. Since drying process takes out water and volume

Red fruits help keep your heart strong.



Orange fruits help keep your eyes healthy.

Yellow fruits prevent you from getting sick.



Green fruits help make your bones and teeth strong.

A blue and purple fruit improves your memory.

