Fruit Quiz!

1. What are peaches with smooth and shiny skin called?
a) Naked peaches   b) Nectarines
c) White peaches   d) Plums

2.What is the most-consumed fruit in the world?
a) Bananas   b) Apples
c) Mangos   d) Tomatoes

3. What are the small, edible pieces of the pomegranate called?
a) Fruit   b) Arils
c) Cheeks   d) Pips

4. When cutting a fresh mango, what are the two large pieces of flesh on either side of the seed called?
a) Cheeks   b) Pips
c) Arils   d) Nothing special

5. Which fruit contains heart-healthy fats?
a) Coconut   b) Avocado
c) Olives   d) All of the above

Answers:

1. B. NECTARINES
Nectarines are a subspecies of peach. They don't have the gene for fuzz, which is why their skins are smooth. Nectarines are low in fat, have no sodium, and are good sources of vitamin C.

2. C. MANGOES
3 mangoes are consumed for every banana, worldwide. And there are 10 mangoes consumed for every single apple across the globe as well. Mangoes are widely consumed in India, South Asia, China, and Latin America, while we Americans still consider them an "exotic" fruit.

3. B. ARILS
Arils are the fleshy appendage that covers the seeds of a pomegranate. Just 1/2 of a medium pomegranate gives you 130 calories, 6 grams of fiber and 25% of your daily value for vitamin C. They also have some B vitamins and potassium.

4. A. CHEEKS.
To get to the cheeks, slice the mango from the stem end, carefully cutting close to (but not into) the large pit. The large piece that you cut off is called the cheek, and there are 2 on each mango. Mangoes are low in fat and high in vitamin A. They're also sodium-free and a good source of vitamin C.

5. D. ALL OF THE ABOVE.
No, this isn't a trick question. Speaking botanically, all three of those foods — avocados, olives, and coconuts — are considered fruits.The majority of the fat in avocados and olives is unsaturated, either monounsaturated or polyunsaturated. Coconuts contain medium-chain saturated fatty acids, which may actually have positive health effects.