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CHALLENGE 2: ANSWERS 10 vegetables marked on a map



Spinach

1

What is the name of the cartoon Sailor who possesses superhuman strength after eating the iron rich vegetable spinach?

B: Popeye



Asparagus

2

The name asparagus comes from the Greek language meaning "sprout" or "shoot" and has also been used for centuries for what?

C: Treating medical conditions



Carrots

3

Carrots are one of the best sources for beta-carotene which the body turns into Vitamin A. This is said to be important for our what?

A: Eye sight



Broccoli

4

Broccoli is very high in Vitamin C, making 1 cup of chopped broccoli the Vitamin C equivalent to what fruit?

C: Orange



Sweetcorn

5

Did you know that an ear of sweetcorn will always have an even number of rows and is grown on every continent of the world apart from where?

A: Antarctica



Cabbage

6

Cabbages one of the oldest vegetables, dating back to the 1600's. What other related vegetable looks like a baby cabbage?

B: Brussel Sprout



Potato

7

Potatoes are vegetables that contain a lot of carbohydrates and are a key fuel source for exercise and sport. They are also used to make which popular snack?

A: Crisps



Peas

8

Peas grow on vines, have white flowers and can be eaten in or out of their pods. However, which of these is not a variety of pea?

C: Sun pea



Sweet Potato

9

The sweet potato is not related to the potato and is thought to have been brought over to Europe from the Americas in the 15th Century by which famous explorer?

B: Christopher Columbus



Kale

10

Kale is one of the most nutrient-rich sources of dietary fibers, vitamins and omega-3 fatty acids is therefore known as one of the world's most popular what?

A: Superfoods