

Harvest quiz



Ripple Effect farmers, like Therese and Jeanne, plant drought resistant seeds, so that they can grow fruit and vegetables all year-round. Families will have nutritious meals daily and surplus to sell, creating extra income and opportunities to invest in their future.

Take this quiz to find out how much you know about fruit.

1. Which small, sweet yellow fruit grows on a spiky plant and symbolises hope in communities where Ripple Effect works?

- A) Mango
- B) Banana
- C) Pineapple

2. True or False: Passion fruits grow on a vine and are often used to make juice.

3. Which fruit is green on the outside, red on the inside, and can help keep you hydrated in hot climates?

4. True or False: A pineapple is a single fruit that grows from one flower.

5. Which citrus fruit, full of Vitamin C, helps keep immune systems strong?



6. Which fruit is known as the “butter fruit” because of its creamy texture and is also rich in healthy monounsaturated (healthy) fats?

- A) Olive
- B) Avocado
- C) Coconut

7. True or False: Mango trees can take several years to bear fruit but live for decades.

8. Avocados contain a fatty acid that is particularly beneficial for heart health. What is the name of this fatty acid?

- A) Linoleic acid
- B) Oleic acid
- C) Palmitic acid

9. Botanically speaking, a banana is actually a berry. What common fruit, surprisingly, isn't a berry by botanical definition?

- A) Strawberry
- B) Banana
- C) Avocado
- D) Papaya

10. Which purple fruit has a spongy inside and is often cooked in savoury dishes in East Africa?

Harvest quiz -answers



1. Which small, sweet yellow fruit grows on a spiky plant and symbolises hope in communities where Ripple Effect works?

- A) Mango
- B) Banana
- C) Pineapple

Answer: C) Pineapple

2. True or False: Passion fruits grow on a vine and are often used to make juice.

Answer: True

3. Which fruit is green on the outside, red on the inside, and can help keep you hydrated in hot climates?

Answer: Watermelon

4. True or False: A pineapple is a single fruit that grows from one flower.

Answer: False. A pineapple is a collection of many small fruits fused together around a central core. This makes pineapples a multiple fruit - nature's fruit salad, all in one package!

5. Which citrus fruit, full of Vitamin C, helps keep immune systems strong?

Answer: Orange

Harvest quiz -answers



6. Which fruit is known as the “butter fruit” because of its creamy texture and is also rich in healthy monounsaturated (healthy) fats?

- A) Olive
- B) Avocado
- C) Coconut

Answer: B) Avocado

7. True or False: Mango trees can take several years to bear fruit but live for decades.

Answer: True

8. Avocados contain a fatty acid that is particularly beneficial for heart health. What is the name of this fatty acid?

- A) Linoleic acid
- B) Oleic acid
- C) Palmitic acid

Answer: B) Oleic acid is a monounsaturated fat also found in olive oil

9. Botanically speaking, a banana is actually a berry. What common fruit, surprisingly, isn't a berry by botanical definition?

- A) Strawberry
- B) Banana
- C) Avocado
- D) Papaya

Answer: A) Strawberry

10. Which purple fruit has a spongy inside and is often cooked in savoury dishes in East Africa?

Answer: Aubergine (also known as eggplant – technically a fruit!)