



Apples

Apples are an all-season fruit that comes in different colours and varieties. The apple is a pome (fleshy) fruit, in which the ripened ovary and surrounding tissue both become fleshy and edible.

They are undoubtedly popular around the globe and rank in the top three most grown fruits in the world. Apple is good for one's digestion, and also has important vitamins and minerals. Apples also help to clean one's teeth after a meal. Apples are used to make apple juice, cider, vinegar, apple sauce and many different kinds of desserts. Apples contain Vitamin C as well as many other antioxidants. Its soluble fibre content may promote weight loss and Good health. A medium apple equals 1.5 cups of fruit — which is $\frac{3}{4}$ of the 2-cup daily recommendation for fruit. Eating apples at night will produce gas and make you severely uncomfortable during the wee hours. Scientists and doctors are beginning to believe there might be some truth in the old saying, "An apple a day keeps the doctor away!"

Q) How apples promote in weight loss?

- a) Its good for digestion
- b) its soluble fibre content promotes
- c) Vitamin C helps in
- d) all the above

Q) Eating apples at night is good for health

- a) true
- b) false

Q) Write benefits of eating apple

Ans _____