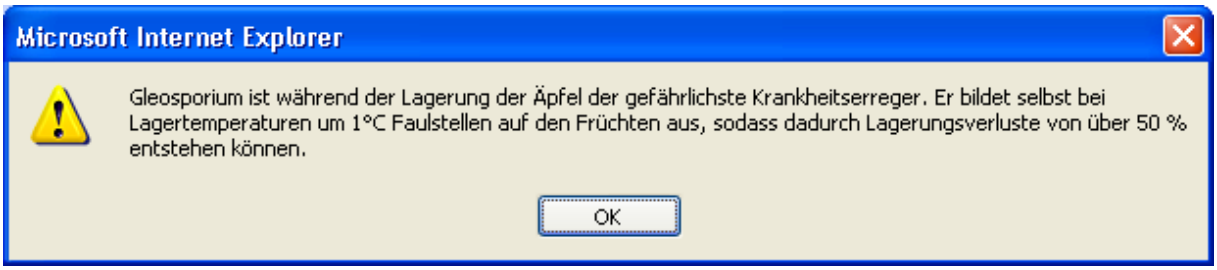
Ernährungsquiz vom 29.06.2003
Antworten

Quiz 1

F1



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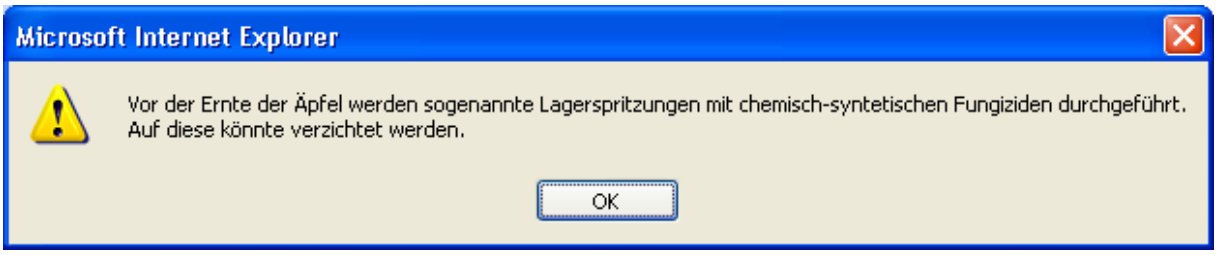
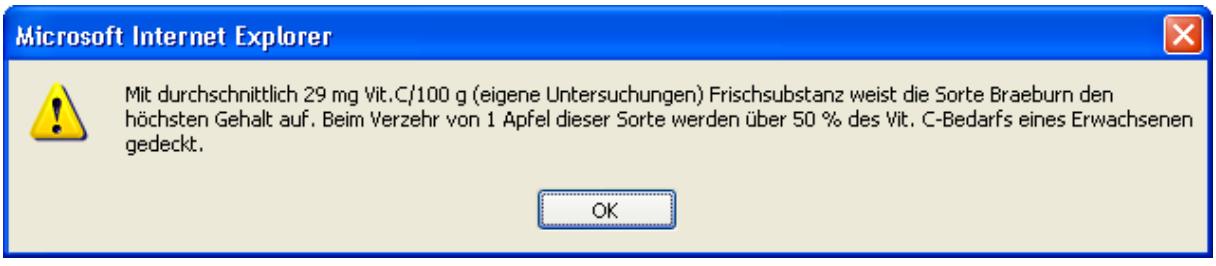


F3

F4



F5

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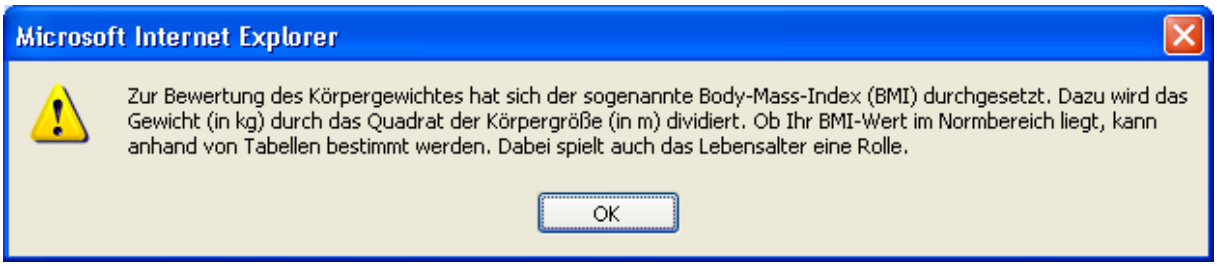
F8



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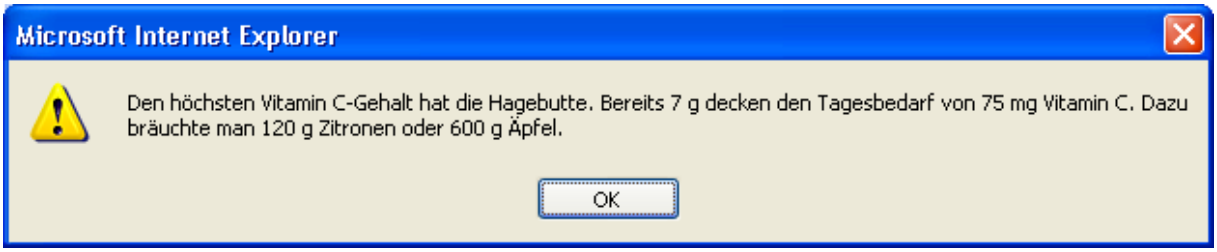

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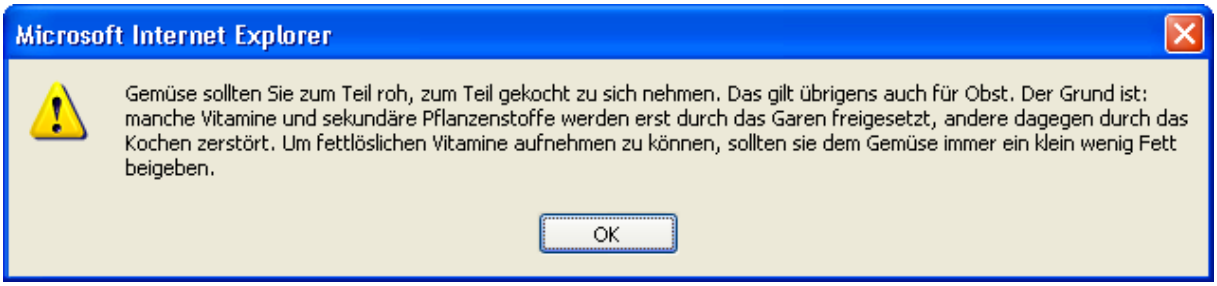
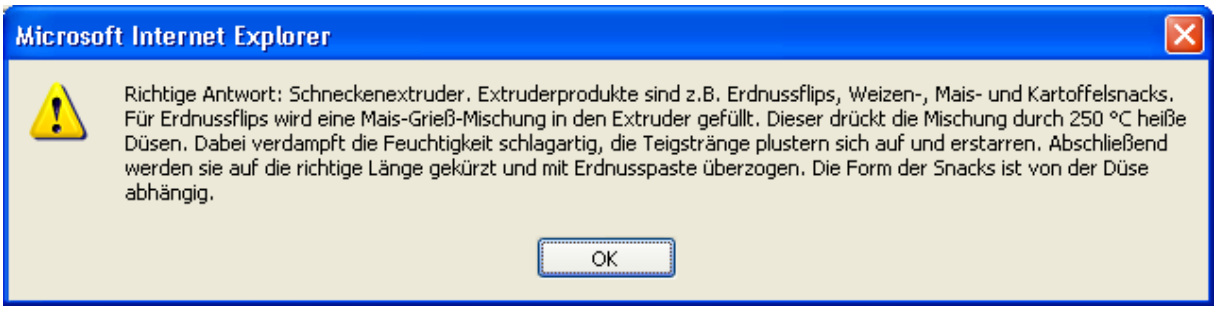


Quiz 2

F1

F2



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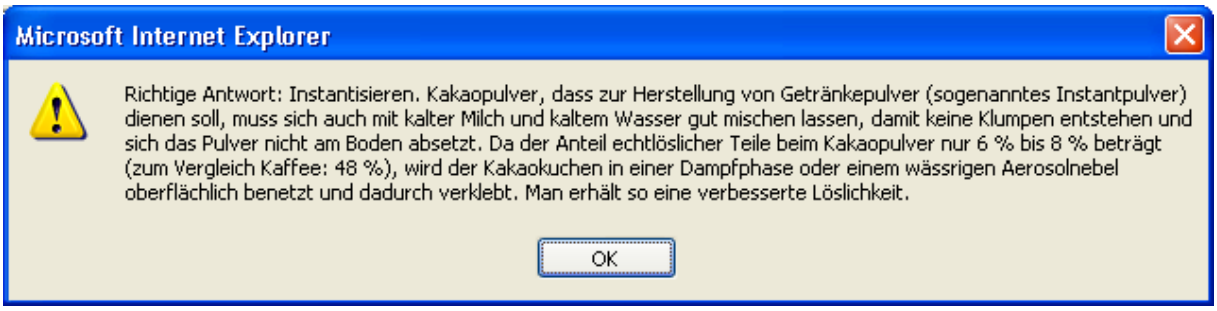

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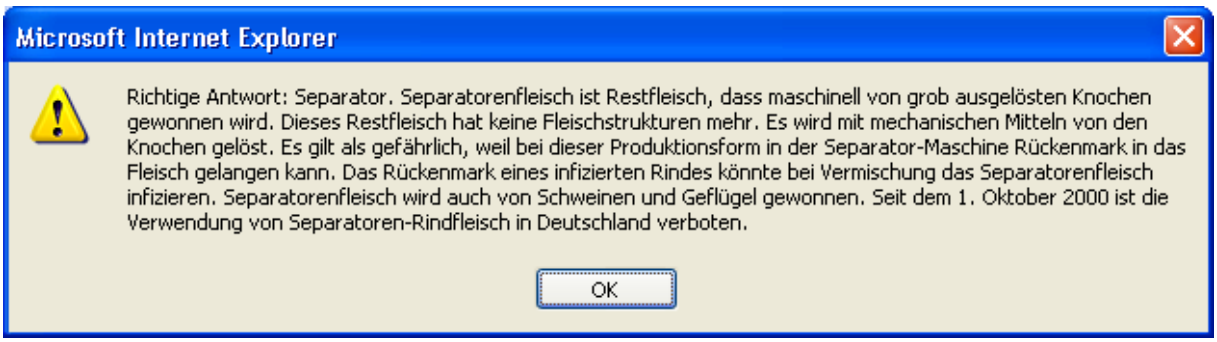

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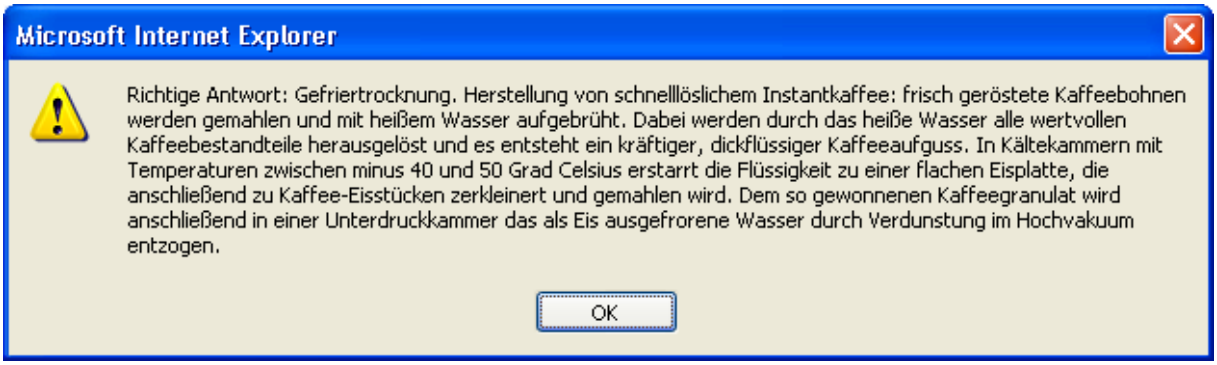

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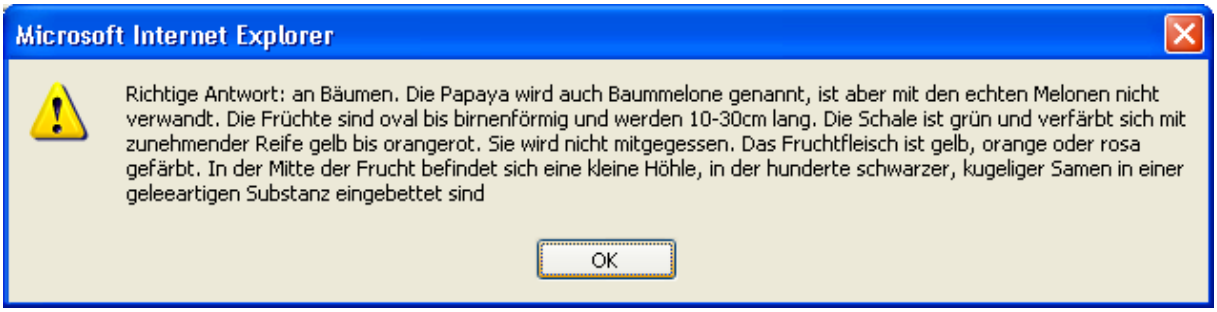
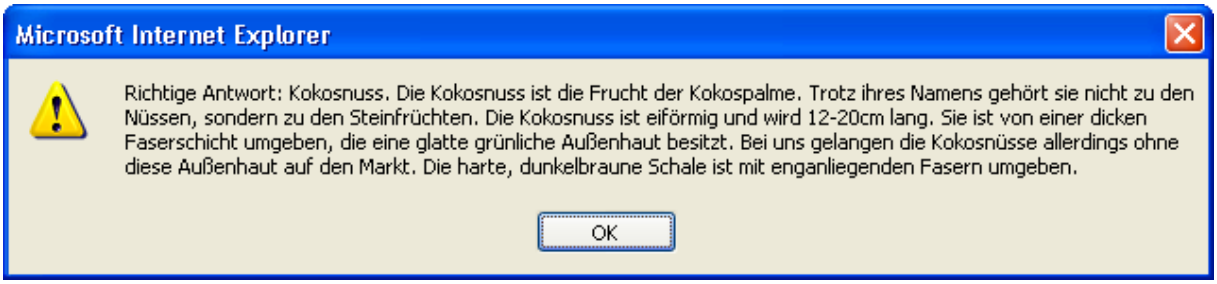
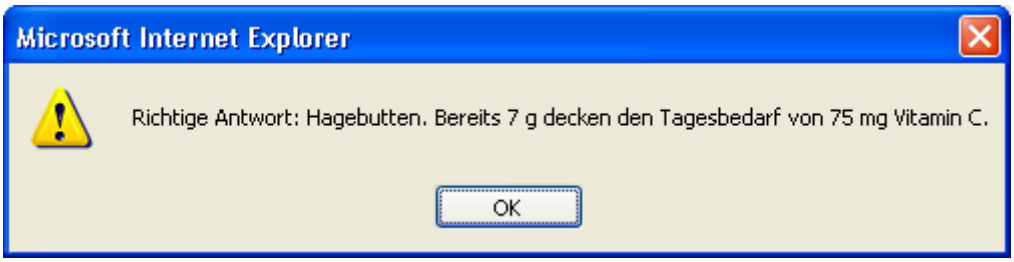

Microsoft Internet Explorer
Richtige Antwort: an Bäumen. Die Papaya wird auch Baummelone genannt, ist aber mit den echten Melonen nicht verwandt. Die Früchte sind oval bis birnenförmig und werden 10-30cm lang. Die Schale ist grün und verfärbt sich mit zunehmender Reife gelb bis orangerot. Sie wird nicht mitgegessen. Das Fruchtfleisch ist gelb, orange oder rosa gefärbt. In der Mitte der Frucht befindet sich eine kleine Höhle, in der hunderte schwarzer, kugeliger Samen in einer geleeartigen Substanz eingebettet sind
OK

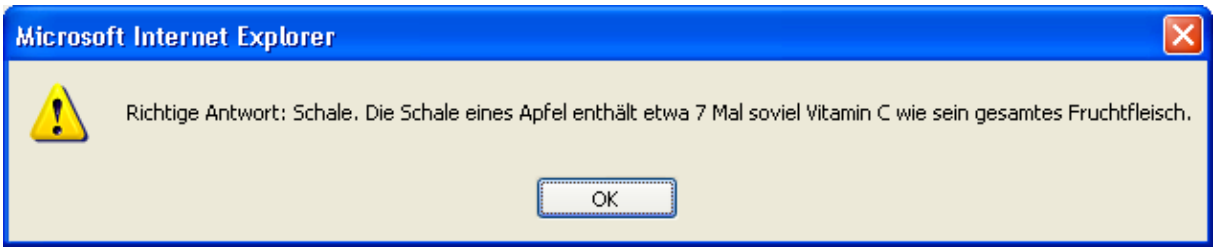
F7


Microsoft Internet Explorer
Richtige Antwort: Kokosnuss. Die Kokosnuss ist die Frucht der Kokospalme. Trotz ihres Namens gehört sie nicht zu den Nüssen, sondern zu den Steinfrüchten. Die Kokosnuss ist eiförmig und wird 12-20cm lang. Sie ist von einer dicken Faserschicht umgeben, die eine glatte grünliche Außenhaut besitzt. Bei uns gelangen die Kokosnüsse allerdings ohne diese Außenhaut auf den Markt. Die harte, dunkelbraune Schale ist mit enganliegenden Fasern umgeben.
OK

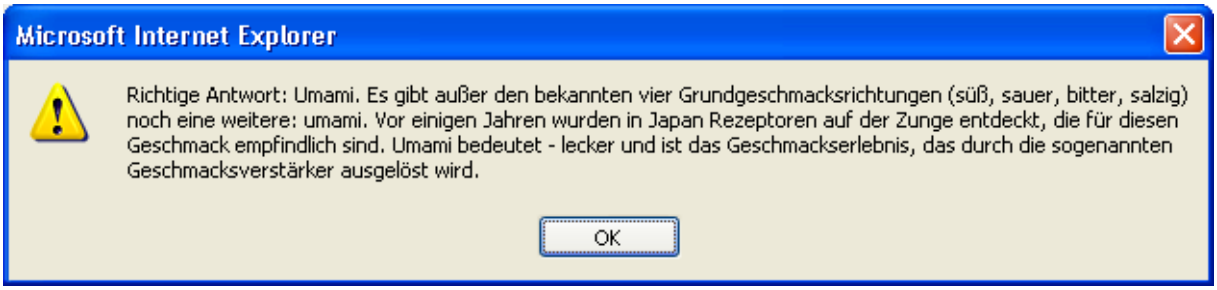
F8


Microsoft Internet Explorer
Richtige Antwort: Hagebutten. Bereits 7 g decken den Tagesbedarf von 75 mg Vitamin C.
OK

F9


Microsoft Internet Explorer
Richtige Antwort: Schale. Die Schale eines Apfel enthält etwa 7 Mal soviel Vitamin C wie sein gesamtes Fruchtfleisch.
OK

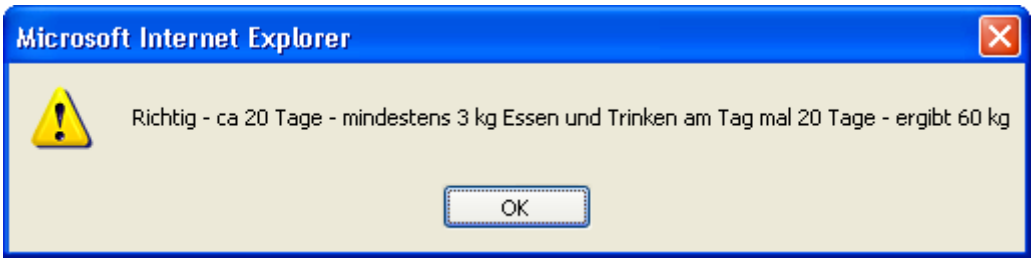
F10


Microsoft Internet Explorer
Richtige Antwort: Umami. Es gibt außer den bekannten vier Grundgeschmacksrichtungen (süß, sauer, bitter, salzig) noch eine weitere: umami. Vor einigen Jahren wurden in Japan Rezeptoren auf der Zunge entdeckt, die für diesen Geschmack empfindlich sind. Umami bedeutet - lecker und ist das Geschmackserlebnis, das durch die sogenannten Geschmacksverstärker ausgelöst wird.
OK

Quiz 3

F1

F2



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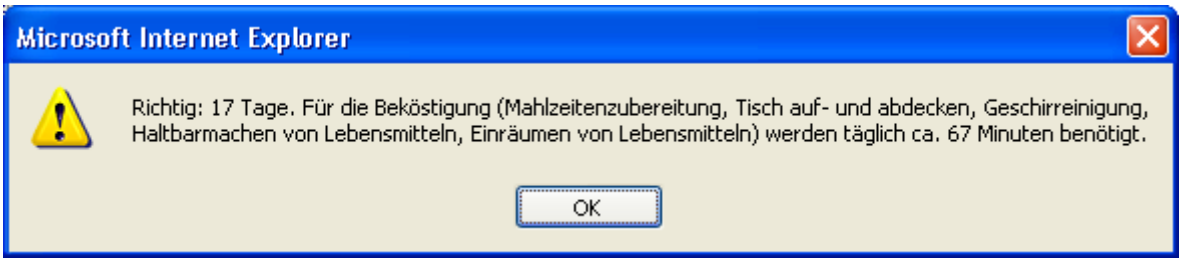

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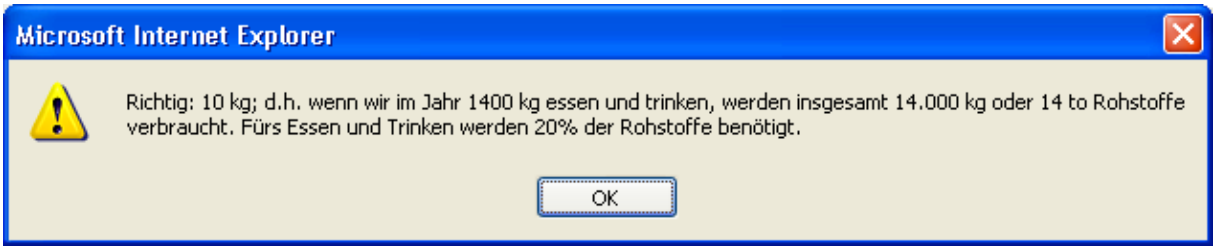

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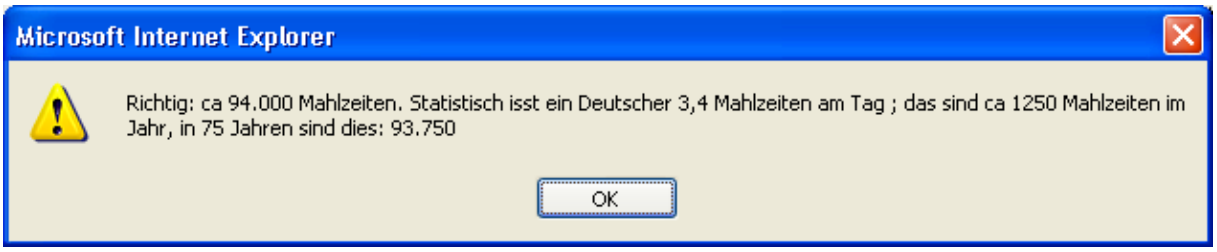

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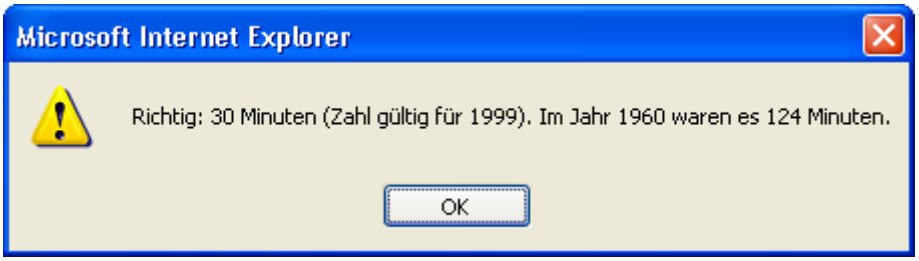

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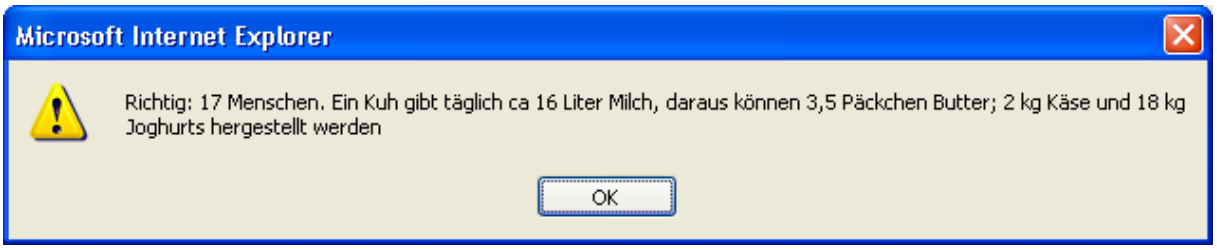

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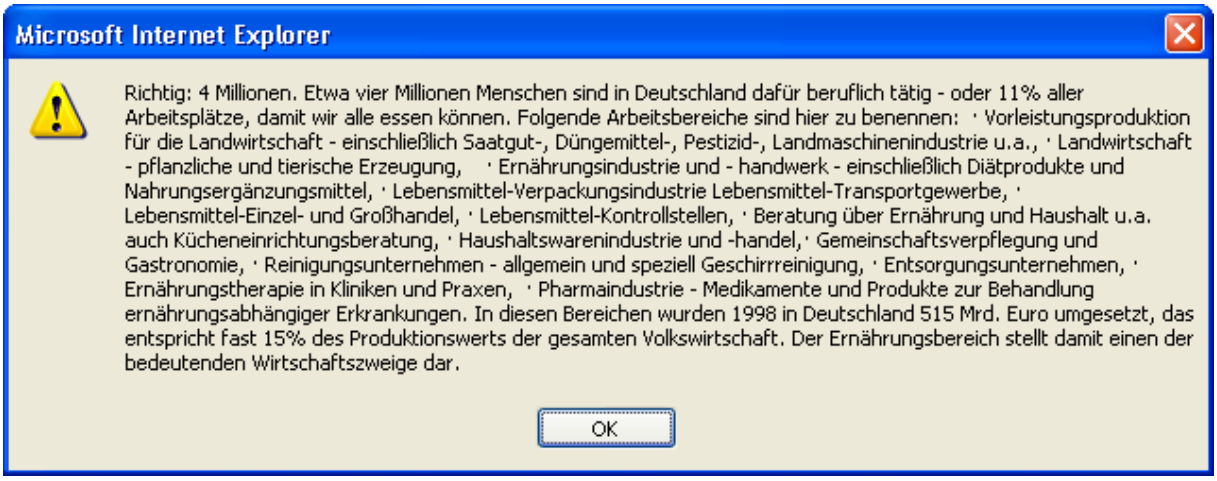

Quiz 4

F1

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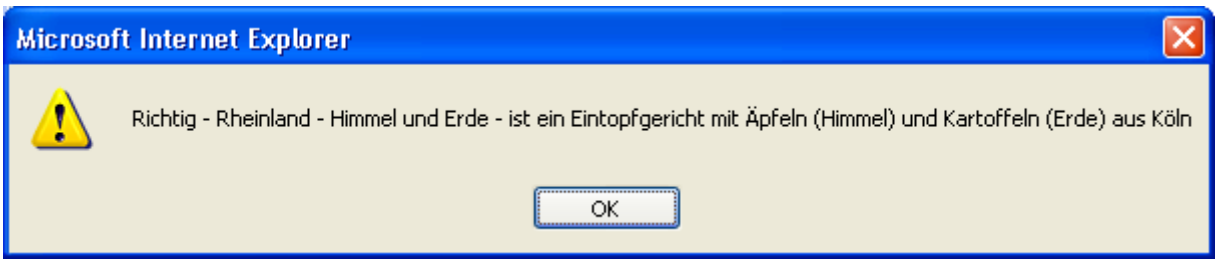

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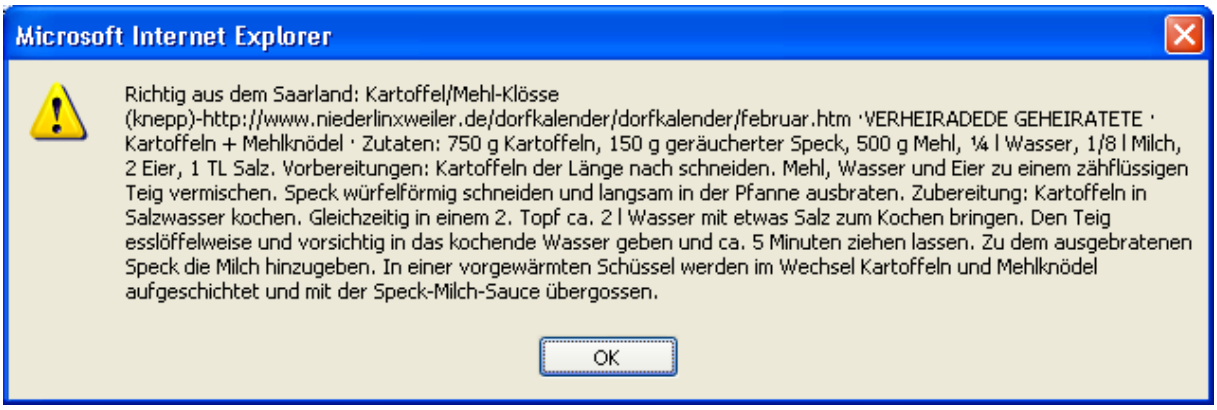
F9



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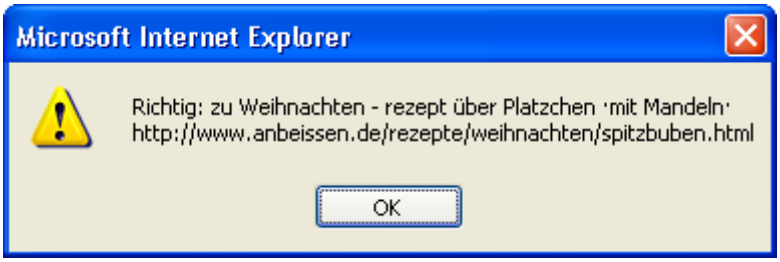

Quiz 5

F1

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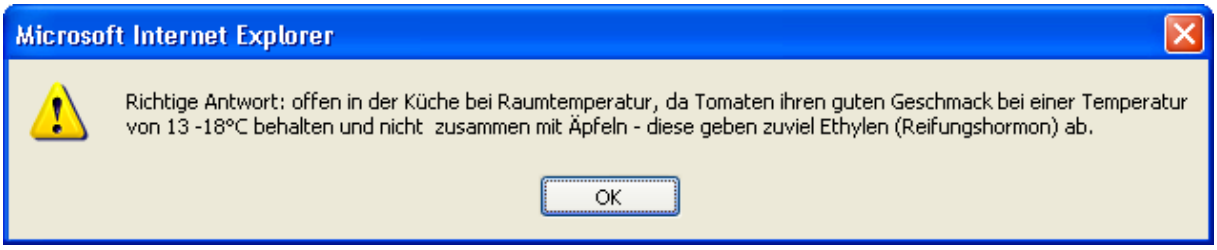

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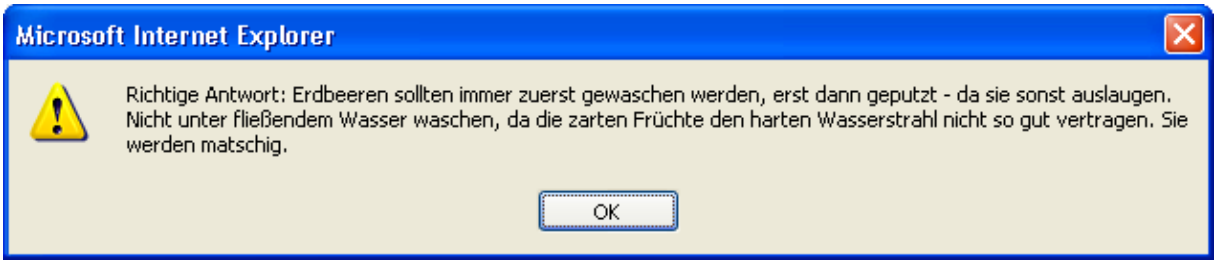

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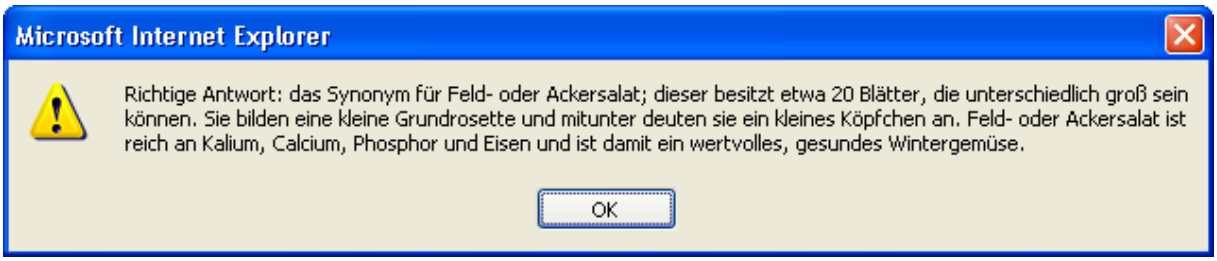

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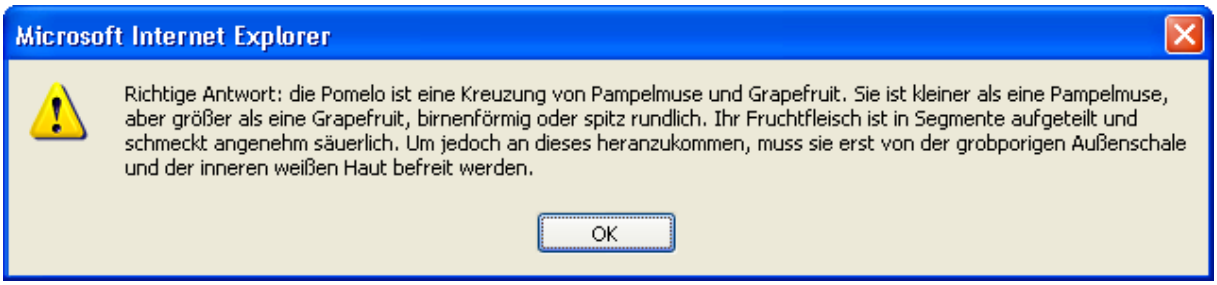

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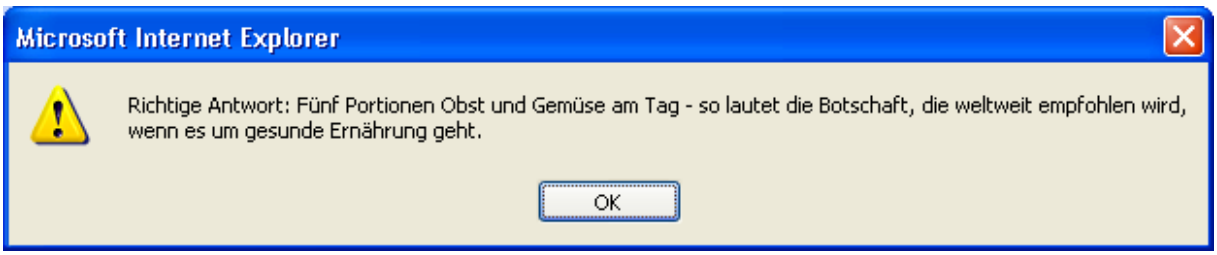

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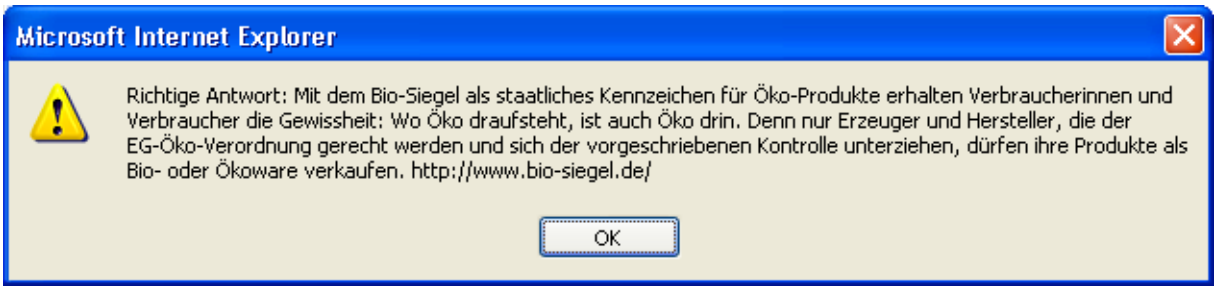

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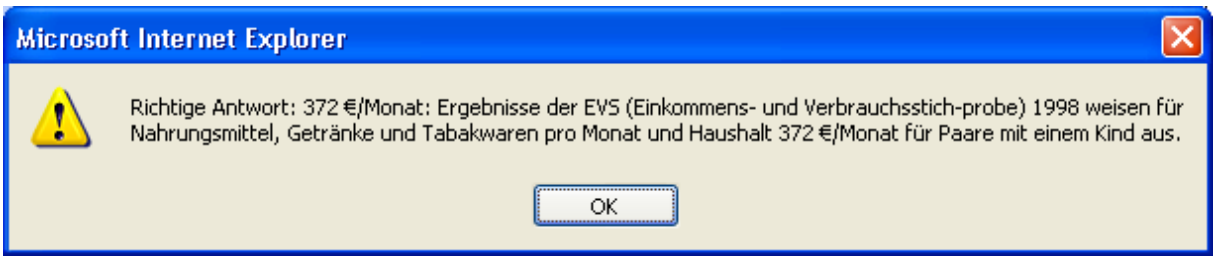

Quiz 6

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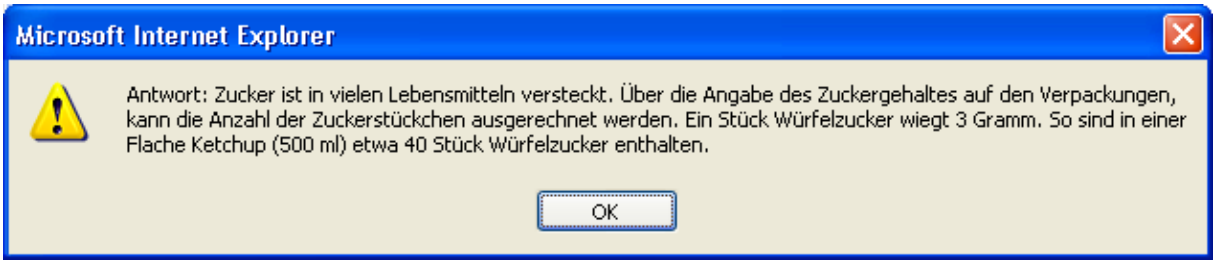

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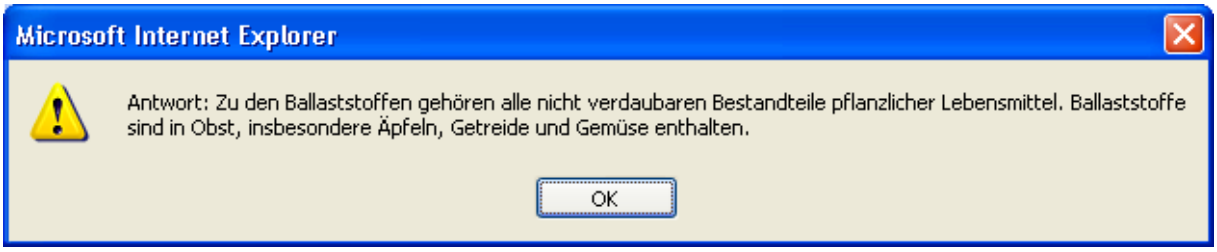

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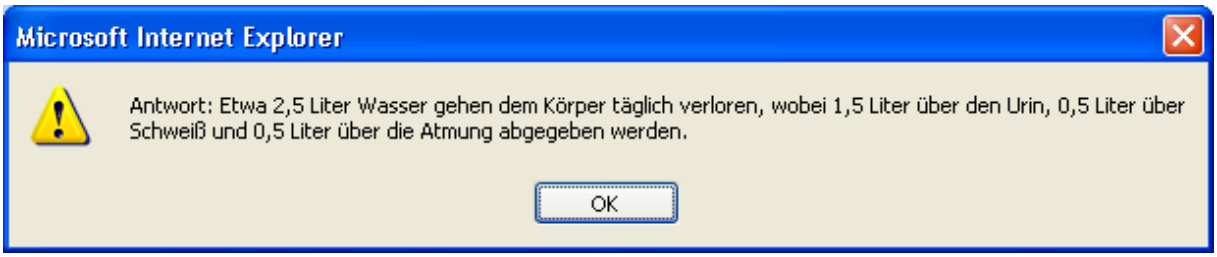

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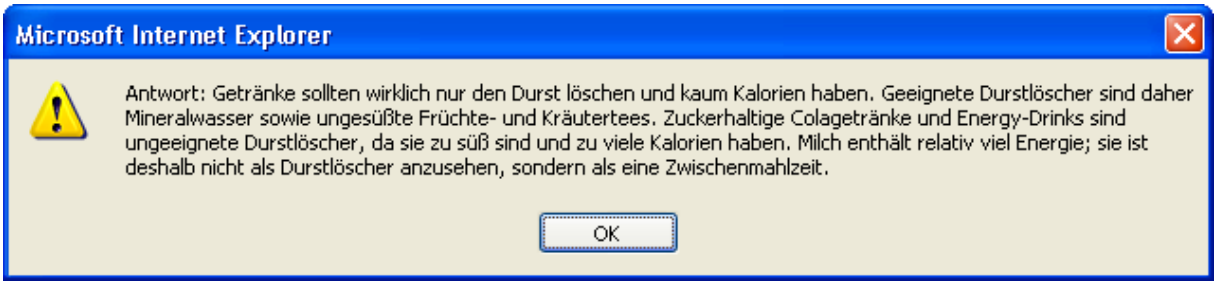

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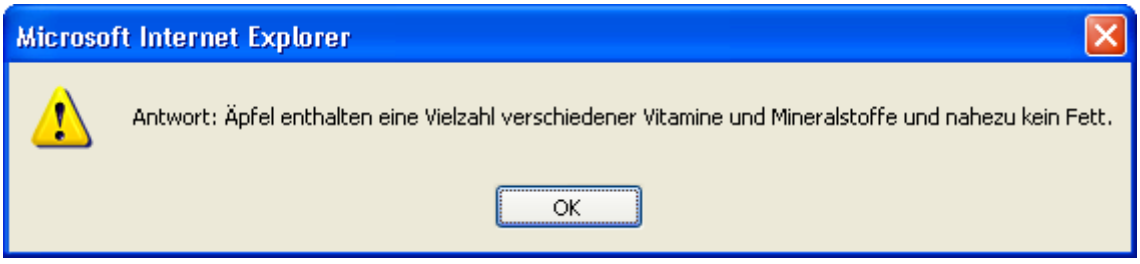

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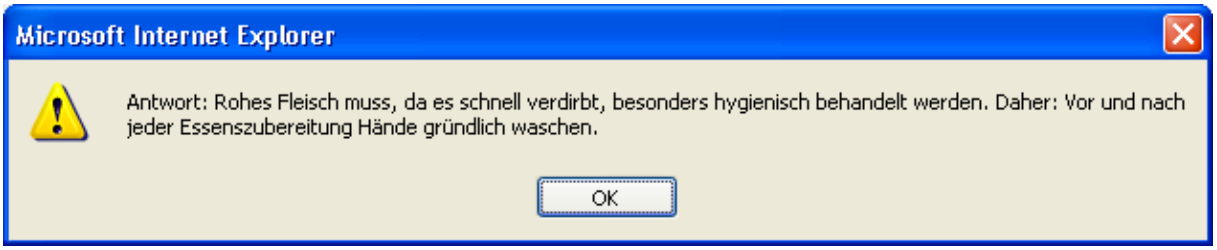

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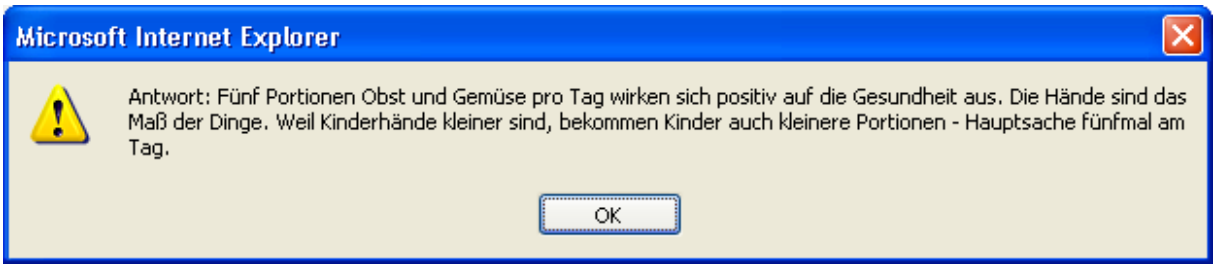

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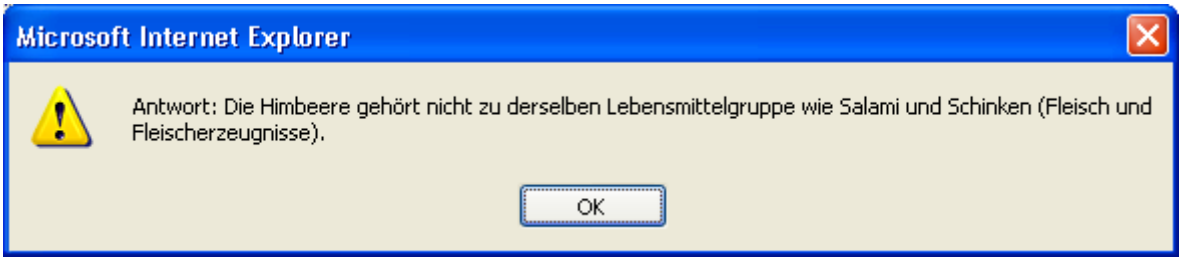
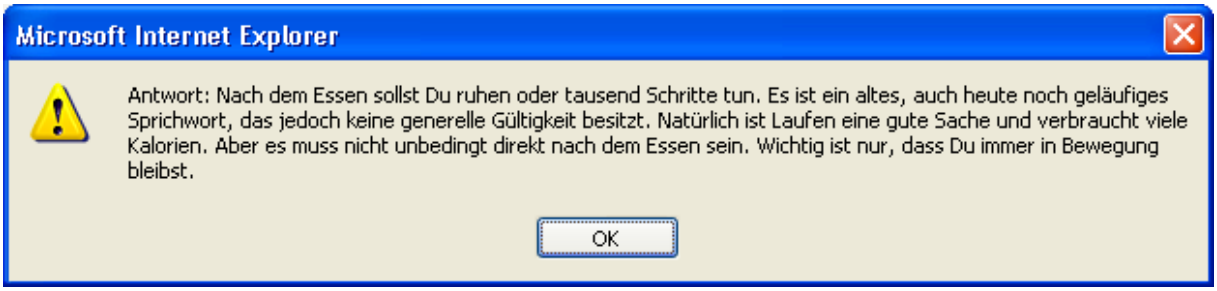
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