

Do You Know About Onions?

Worksheet Answers

How long have people been using onions? (5000yrs.)

Onions are the (3rd) most consumed fresh vegetable in the United States.

About how many states grow onions? (20)

How many acres of onions are planted in the U.S. each year? (145,000)

What groups are onions divided into? (Fresh and Storage)

Onions come in what colors? (Yellow, Red, White)

The average American eats how many pounds of onions a year? (About 20)

The nutrients in onions are: (Vitamins, water, minerals, carbohydrates, and protein)

Onions contain no: (Fat)

What do antioxidants do? (Prevent cell damage)

(Sulfuric compounds) in onions make you cry.

Onions are related to: (Garlic, Leeks, Bunching onions and Chives)

You can get onions in the store (All year)

Onions taste (Sweet and tangy to rich and pungent)

What should you eat to rid yourself of onion breath? (parsley)

Name one thing to look for when buying onions: (any of the following: dry outer skins, no spots or blemishes, heavy for size, no scent)

Onions should be stored: (in a cool dry space with lots of air)

Cut onions should be stored: (in the refrigerator in a sealed container, 7 days)

To keep onions from making you cry, they should be (chilled) and the root end cut last .

Extra Credit: Shrek says “Ogres are like (Onions), they have layers.”

Extra Credit: In the famous story, Alice’s Adventures in Wonderland, the Seven-of-Spades was threatened to be beheaded for bringing the cook tulip-roots instead of onions.