







Use these flip cards to promote the 2026 QCWA Product of the Year and the Country Kitchens key message 'get more fruit and veg into your meals'.

Try this activity at your next Country Kitchens showcase or QCWA event.

How to use:

- Read the question on the front of the card
- Ask participants to share their answers
- 3. Flip the card and read out the correct answer



Answer:

A serve of strawberries has 160% of your daily vitamin C needs (more than an orange)

Strawberries also contain vitamin A, vitamin K, potassium, magnesium and folate.



Answer: ~8

1 cup or approximately
150 grams of
strawberries make up
a serve of fruit. This is
the equivalent of about
8 medium sized
strawberries.

Strawberries are a great source of fibre which plays an important role in gut health and in the regulation of cholesterol and blood sugar levels.



Answer: True

Strawberries are very unique in this respect.

Each 'seed' on the outside of a strawberry is actually a tiny, seperate fruit.

On avaerage, each strawberry has about 200 tiny seeds on its skin.



Answer: 3009

The heaviest recorded strawberry weighed around 300 grams.
This is about 5 times the average weight of a strawberry.

Grown in Israel, the strawberry was approximately 18 centimetres long and 34 centimetres in circumference.



Answer:
Strawberry
Point, Iowa,
United States

Strawberry Point is home to the world's largest strawberry - a 4.5 metre tall and 3.7 metre wide fiberglass statue!

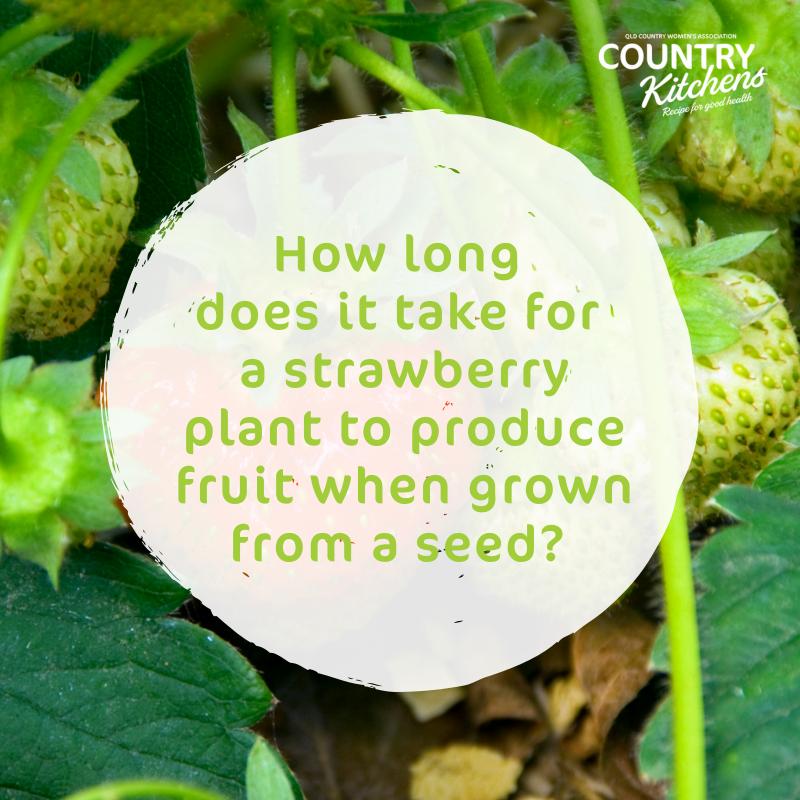
The town promotes itself as "The Sweetest Place to Grow".



Answer:
Over a
100,000
tonnes

This equates to about 2.3 kilograms of strawberries per Australian every year.

Due to the diversity of
Australian climate,
strawberries are available
year round and are grown
in all states, however peak
production varies by
region.



Answer: 4-9 months

When grown from a seed, it can take 4-9 months until the first fruit can be picked.

This time can be reduced if grown from a seedling.

Strawberries are considered easy to grow, making them perfect for beginner gardeners. They are also a great way to get kids excited about gardening and fruit!