



QCWA Product of the Year

Strawberry

Flip Cards



**health +
wellbeing**
Queensland



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:

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

True or False?
**Strawberries have
more vitamin C
per serving than
an orange**

**Answer:
True**

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.

**How many
strawberries
make up one
serve?**

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.

True or False?
Strawberries are
the only fruit
with seeds on
the outside.

**Answer:
True**

Strawberries are very unique in this respect. Each 'seed' on the outside of a strawberry is actually a tiny, seperate fruit.

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

**What weight
was the heaviest
recorded
strawberry
grown?**

Answer:
300g

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.

**Where is the
world's largest
strawberry
located?**

**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”.

**What weight
of strawberries
are eaten in
Australia every
year?**

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.

How long
does it take for
a strawberry
plant to produce
fruit when grown
from a seed?

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!