

Fun and interesting facts (An apple)

1. What family does the apple fruit belong to?

The apple fruit belongs to the [Rosaceae family](#): [Malus domestica](#) is the scientific name for the apple.

2. Where did the cultivated apple originate?

It was the [Tien Shan mountains of Central Asia](#) where the cultivated apple originated. It was obtained from a wild apple species called [Malus sieversii](#). The cultivated apple originated about 4000–10000 years ago.

3. What are the key chemical ingredients of an apple?

An apple is a fruit rich in natural sugars like [fructose](#), [glucose](#), and [sucrose](#), along with a plentiful amount of fiber ([pectin](#)). Apples also have vitamins such as [vitamin C](#) and [vitamin B](#) and minerals like potassium and copper, along with [flavonoids](#) and polyphenols.

4. Do you know the only variety of apple native to North America?

The [crab apple](#) is the only variety of apple that is native to North America.

5. What are the health benefits of apples?

There are various health benefits of chemical ingredients that are present in the apple. Among these, “polyphenols and a soluble fiber, called pectin,” are beneficial for heart health. “Pectin reduces fat absorption and decreases unhealthy cholesterol called LDL cholesterol,” “leading to a reduction in the risk of heart disease.” “Pectin lowers blood sugar level, so the risk of type 2 diabetes mellitus is decreased.” As a [prebiotic](#), soluble fiber (pectin) promotes the growth of healthy bacteria, which keeps the digestive system healthy. Apples have a plentiful amount of antioxidants, which neutralize free radicals that are harmful to the human body, leading to reduced cellular damage. “They prevent memory loss and so improve brain functioning.”

References

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Apples

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Antioxidants