

Cassava - Answer Key

How is tapioca made from cassava?

Ground up cassava root

Where is cassava consumed regularly worldwide? What proportion of calories consumed worldwide does cassava make up?

Tropics, Africa, Asia, Latin America; 1/3 of the calories consumed

Can you grow the edible cassava plant in the United States? Why or why not?

No, the edible version is only grown in the tropics.

Which part of the cassava plant is the most important?

The roots are the most important; they're the edible part of the plant.

Can you eat raw cassava?

No, it must be cooked.

Further Research:

What is another very common name for cassava that you may have heard of before?

yuca

Can cassava kill you? If so, how?

Yes, when eaten raw in large amounts. It has compounds that can release cyanide into the body

Cassava is a very beneficial vegetable. What are a few of its benefits?

High in calories and fiber; resistant starch which promotes gut health; offers some vitamins and minerals