

# Walnut Trivia for Kids

## ANSWERS

1. It would take over 1 billion inshell walnuts laid end-to-end to go around the equator one time. The exact number is 1,051,818,240 walnuts.
2. The nuts are removed from the trees by a mechanical shaker. After they have been shaken to the ground, walnuts are blown into a row to allow mechanical harvesters to pick them up for cleaning and hulling. (The “hull” is the outer green covering that protects the shell. The walnut meat is protected by the shell.)
3. The USDA guidelines recommend 1.5 ounces a day, or approximately 18 walnut halves. As a general rule of thumb, a handful a day will promote good health. Eating a handful of walnuts every day is an easy way to boost your daily nutrition. For more than fifteen years, highly-respected scientists have shown diverse benefits of this whole food through clinical research.
4. The United States dominates world trade in walnuts. Two thirds of walnuts traded in the global marketplace are produced in California. While many countries produce walnuts, most of these countries sell the walnuts to consumers within their own country. Consumers outside the U.S. have grown to love the fresh, sweet taste of California walnuts; this drives demand for the product and ensures good prices for California walnut growers.