

BANANA

FAST FACTS

- Bananas are peeled from the brown tip and not the stem
- Scientists classify bananas as berries because it is a single fruit produced by a single ovary, has a soft skin layer, and soft enclosure for seeds
- Banana plants are really herbs or 'herbaceous', and not trees
- It takes 9-12 months for bananas to grow.
- It is believed that there are over 1,000 types of bananas in the world



IMPORTANT NUTRIENTS

- **Fiber** – good for your gut and heart
- **Vitamin B6** – plays an important role in mood regulation
- **Vitamin A** – good for your eyes, skin, and immune system
- **Vitamin C** – helps with wound healing
- **Magnesium** – is essential in bone formation
- **Potassium** – needed for muscle contraction

SELECTION & STORAGE

Look for bananas that are plump, full, yellow or yellow with brown spots to enjoy right away. Look for slightly yellow or green bananas to eat later.

Store bananas at room temperature until ripe, then store in the produce drawer of the refrigerator. Store for up to 7-14 days.

IDEAS FOR SERVING

- Enjoy raw or with a peanut butter
- Add bananas to smoothies to thicken your smoothie
- Put banana slices in your cereal or incorporate them in a fruit salad

BANANA

ACTIVITIES

Five Senses Fun!

Use your five senses to describe how a banana looks, feels, tastes, sounds, and smells.

Can you Peel me?!

Peel a banana by making as many peels as possible. Count them. How high did you get?

Compare & Contrast

Make a list of similarities and a list of differences between bananas and another fruit. Are there more similarities or differences?

Poetry

Write a poem about the health benefits of bananas. Share with the class!

Create your own Smoothie recipe

Invent a new smoothie recipe that includes bananas as one of the ingredients.

Watch a Video

Find and watch a video online that shows how bananas are grown, harvested, and distributed in the United States.

CHECK FOR UNDERSTANDING

What are some examples of other fleshy fruits?

How are bananas scientifically classified?

Why are bananas good for your health?

What should you look for when selecting bananas at the store?

What is your favorite way to eat bananas?

REFERENCES

Fruits & Veggies More Matters. (2012). Broccoli: Nutrition, selection, storage. <http://www.fruitsandveggiesmorematters.org/broccoli>.

E.H. Hoyle, (2013). Clemson Cooperative Extension Home & Garden Information Center. <https://hgic.clemson.edu/factsheet/selecting-storing-fruits-vegetables/>.

Harvard Medical School. (2017). Listing of Vitamins. https://www.health.harvard.edu/staying-healthy/listing_of_vitamins.

The Editors of Encyclopedia Britannica. (2019). The Encyclopedia Britannica. Bananas. <https://www.britannica.com/plant/banana-plant>

This institution is an equal opportunity provider.

