



Hey kids, become a **FOOD EXPLORER** and check this out!

Bananas



Did you know...?

- Bananas grow in hot, tropical countries. Massachusetts is too cold to grow them.
- Bananas were a new treat at our country's 100th birthday party. They were wrapped in foil and sold with instructions for how to eat them.
- Bananas come in many colors—yellow, purple, and red.
- A bunch of bananas is called a “hand,” and each banana is called a “finger.”
- The banana plant is not really a tree. It is a giant herb that grows up to 30 feet tall.



DELICIOUS AND NUTRITIOUS

Bananas have the nutrient potassium that helps our heart pump blood everywhere we need it.

A SUPER SNACK IDEA

Make a banana pop. Peel your banana, put it on a Popsicle stick, and freeze it.

BANANA HUMOR

Why are bananas never lonely?

Because they hang around in bunches!