



Hey kids, become a **FOOD EXPLORER** and check out this **Month's Discovery...**

Bananas



Did you know...?

- Bananas grow in hot, tropical countries. Massachusetts is too cold.
- Bananas were a new treat at our country's 100th birthday party. They were wrapped in foil and sold with instructions for eating 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 a nutrient that helps our hearts pump our 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!