



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.



- 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!



For healthy recipes and low-cost tips visit our blog, https://healthyfoodsinasnap.wordpress.com.

This material was developed and provided by the UMass Extension Nutrition Education Program with funding from USDA'S Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program helps low-income people buy the food they need for good health. It can help you to buy nutritious food and stretch your food dollars. For more information, call 1-866-950-3663. UMass Extension is an equal opportunity provider and employer, United States Department of Agriculture cooperating. Contact your local Extension office for information on disability accommodations. Contact the State Extension Director's Office if you have concerns related to discrimination, 413-545-4800 or see www.umassextension.org/civilrights.



