

# BANANAS!

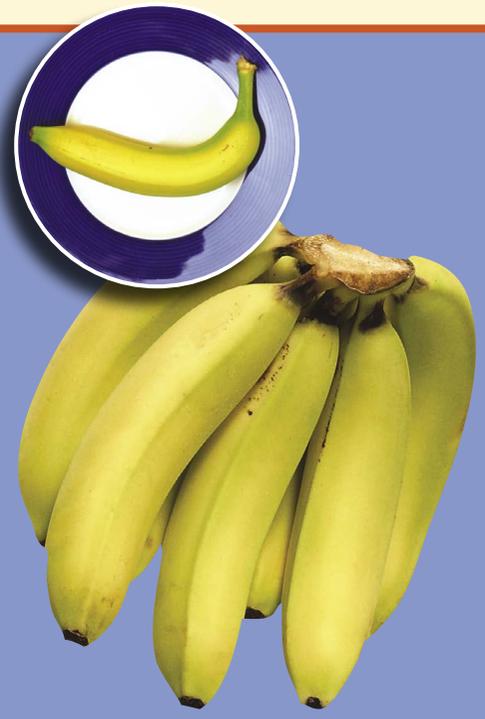


- The banana's natural sugars, combined with its fiber, will give you a quick boost of energy.
- Research has shown that the potassium in bananas will make you alert.
- Eating a banana will reduce stress. It will normalize your heartbeat, send oxygen to your brain, and regulate your body's water balance.
- Bananas contain tryptophan, a protein that improves your mood and makes you feel happy.

There are more than 500 different varieties of bananas. They come in many colors, including blue, green, orange, pink, red, and yellow. The super sweet **red bananas** (also called Jamaican bananas) have reddish-purple skin and are grown in South and Central America and on Caribbean islands.

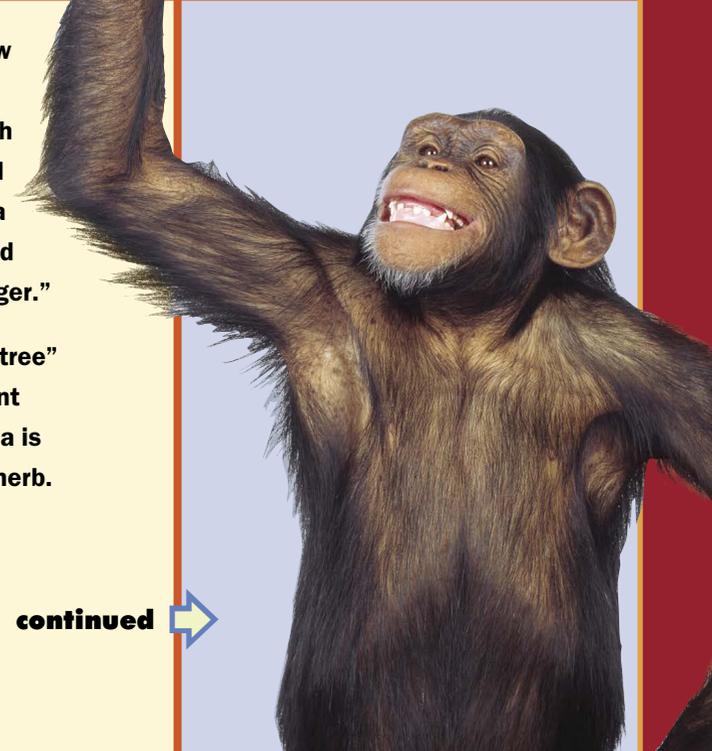


**Bananas** are the healthy fruit that makes you happy. They have almost no fat and no cholesterol or sodium. Compared to an apple, the banana has twice the carbohydrates, twice the phosphorus, and four times the protein. Plus, they contain a healthy heaping of vitamin A and double the other vitamins and minerals.



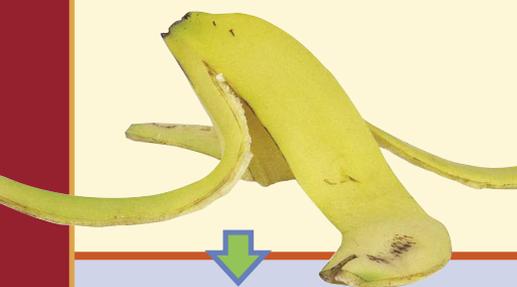
## HIGH FIVE!

- Bananas grow in bunches (or hands), and each banana is called a finger. Banana is an Arabic word that means "finger."
- The banana "tree" is actually a giant herb. The banana is the fruit of this herb.



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# THE SKINNY ON BANANA SKINS



- Rub scrapes and bruises with the inside of a banana skin. It will promote quick healing.
- Polish your leather shoes with a banana skin. Rub the shoes with the inside of the skin. Then buff with a lint-free cloth.



- Reduce swelling and itching from a bug bite by rubbing the affected area with the inside of a banana skin.
- Place a small piece of banana skin, yellow side out, on a wart. Put a big adhesive bandage over the banana skin to hold it in place. Keep the banana skin on the wart for 1 week to remove the wart.

## From Green to Yellow →

**Can't wait for green bananas to turn yellow?** Place the bananas in a paper bag with an apple. Close the bag. Open it in about 24 hours. The ethylene gas in the apple will have caused the bananas to ripen.



## Does This A-Peel TO YOU?

- ▶ If you peel a banana from the bottom (not the stem end), you won't have to pick the little "stringy things" off of it.
- ▶ Most monkeys peel bananas by pinching the bottom end of the banana. Try it! The pressure of pinching creates a rip in the peel, and makes it easy to remove.

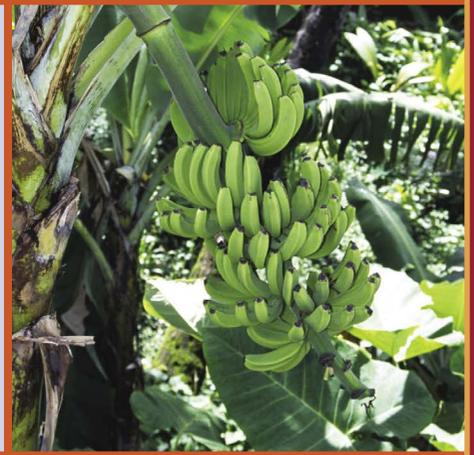
## ... and From Yellow to BROWN

A chemical reaction between an enzyme in the fruit and the oxygen in the air causes bananas to turn brown.



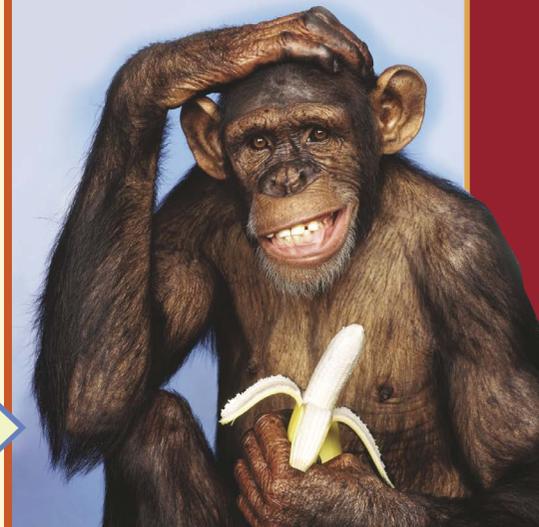
## NOT JUST FOR BREAKFAST

- ▶ String or twine can be made from banana plant fiber, which also can be woven into baskets, place mats, hats, and bags.
- ▶ The banana plant helps to lower air pollution by absorbing large amounts of carbon dioxide.



- ▶ Banana leaves are often wrapped around food to be cooked and baked. The leaves can also be used as umbrellas or to polish wooden floors.
- ▶ The stem of the banana "tree" (really a "pseudostem" made up of the large, overlapping leaf sheaths that form the "trunk") can be used to make rafts and benches. In Sri Lanka, it is made into soles for shoes and used in floor coverings.

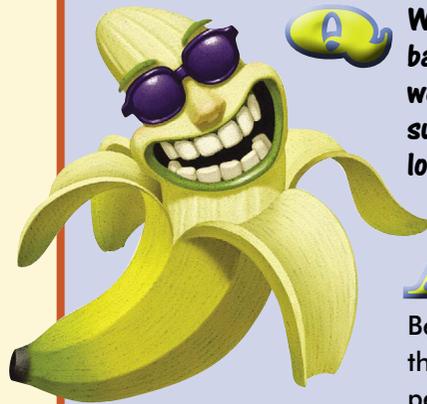
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## A Little HISTORY

One of the first mentions of bananas is in Buddhist texts in 600 B.C.

Alexander the Great, king of Macedonia, recorded the first bananas discovered in India in 327 B.C.



Why do bananas wear suntan lotion?



Because they peel!

191 feet, in St. Petersburg, Florida.

Bee Careful! .....



Isoamyl acetate is a banana-scented chemical released by honeybees when they are attacked or angry. It signals other bees to help. The same chemical is found in bananas and gives them their taste. So, don't eat a banana near a beehive or where honeybees are buzzing around.



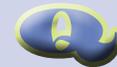
Almost 28 percent of the bananas in the world are grown and eaten in India. Brazil is the second-biggest source of bananas, followed by China.



Why did the banana go to see the doctor?



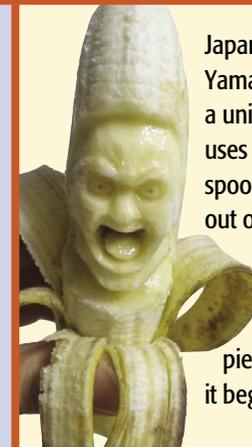
He was not peeling very well.



What is Ba + Na<sub>2</sub>?



Banana



Japanese artist Keisuke Yamada is carving out a unique reputation: He uses a toothpick and a spoon to make sculptures out of bananas. Each one takes about 30 minutes. Keisuke then eats each piece of artwork before it begins to turn brown.

Bananas were officially introduced in North America at the 1876 Philadelphia Centennial Exhibition. Each banana was wrapped in foil and sold for 10 cents. Before that, sailors had occasionally brought a few bunches home from the Caribbean.



The banana split was invented in 1904 by 23-year-old David Evans Strickler, an employee at the Tassell Pharmacy soda fountain in Latrobe, Pennsylvania.

## Make Banana-sicles

Peel and cut a banana in half (across the middle). Put a wooden ice cream stick into the cut end of each piece. Place the bananas in a plastic bag and put it into the freezer. A few hours later, you'll have sweet frozen banana-sicles. If you like, dip the banana-sicles in melted chocolate before eating!

