

LET'S GO BANANAS!

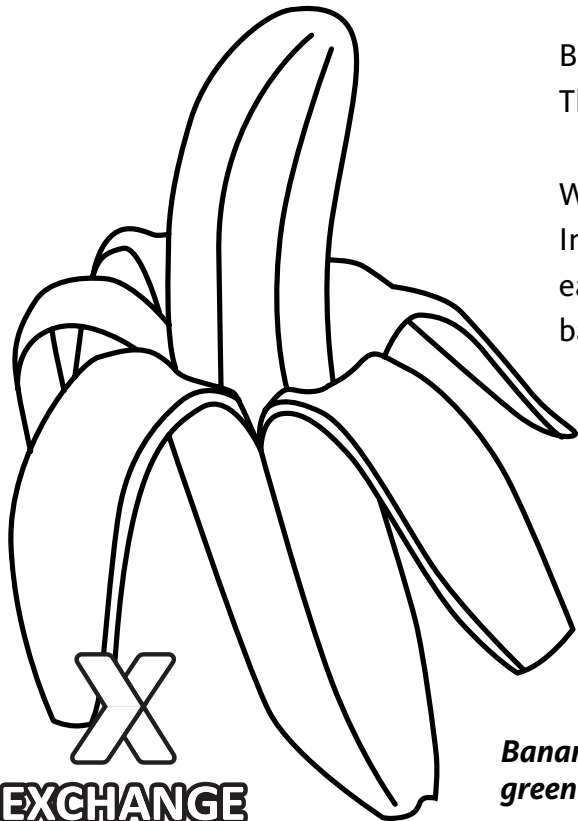


Did you know bananas are considered a Super Food? They're a great source of iron and also have lots of vitamins A, B6, C, and E. Bananas are also full of potassium which helps your heart, brain and other muscles work hard every day.

Bananas grow in warm, tropical climates. There are many varieties of bananas including red bananas, baking bananas, and apple bananas.

See if you can find all the underlined words in the puzzle on the right!

A	V	B	R	A	I	N
O	I	P	H	V	F	R
M	T	J	E	C	D	E
B	A	N	A	N	A	S
U	M	I	R	O	N	U
X	I	B	T	Q	W	P
Z	N	W	A	R	M	E
I	S	P	E	A	L	R

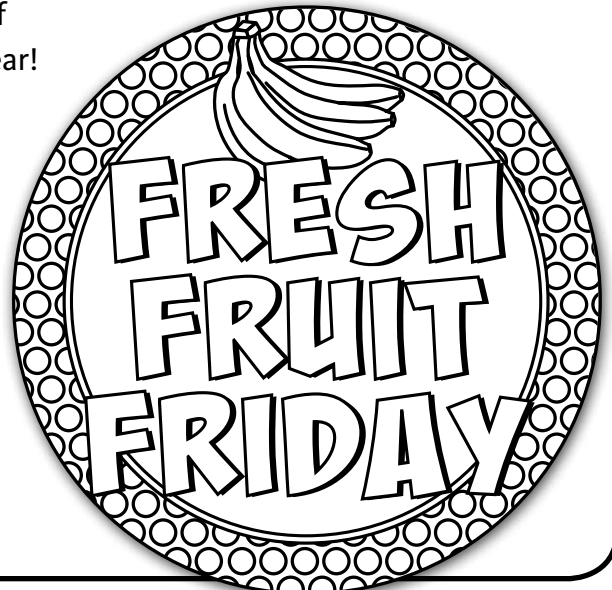


EXCHANGE

Bananas are red, green or yellow!

Bananas were first discovered over 2,600 years ago! They first came to America in 1804.

We eat more bananas than apples and oranges combined. In fact, the average American eats 27 pounds of bananas every year!



LET'S GO

Grab & Go
MARCH 2011

BANANAS!



INTERESTING FACTS:

1 The banana plant is not a tree, but the world's largest perennial herb and grows up to 25 feet, developing massive banana leaves that may extend 9 feet in the air! Edible bananas are technically berries and do not produce seeds. Their roots can be hundreds of years old.

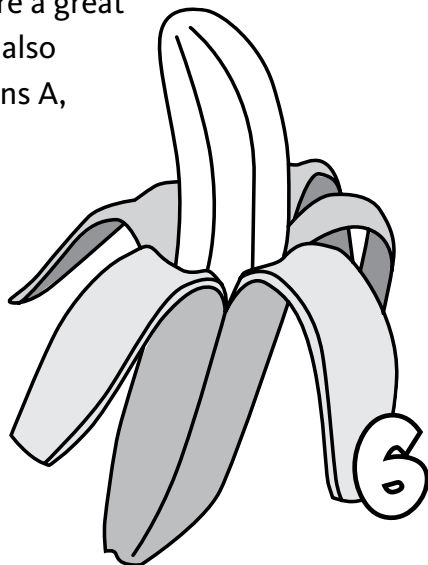
2 Bananas were first discovered over 2,600 years ago in the Indo-Malaysian region. Today, most bananas are grown in warm, tropical regions like South America, Central America and the Caribbean.

3 Did you know bananas are considered a Super Food? They're a great source of iron and also have lots of vitamins A, B6, C, and E.

4 The American Heart Association has certified bananas as a heart-healthy food when eaten as part of a low-fat balanced diet. Although many factors contribute to heart health, bananas are a good source of potassium, essential to the health of your heart and nervous system.

5 There are five different types of bananas common on the market:

- Red bananas: have a green/red peel and pink fruit flesh. They taste similar to yellow bananas. Red bananas are red because of carotene. Carotene helps fight against heart disease and cancer.
- Fruit-bananas: are the normal, yellow bananas most people are familiar with.
- Apple-bananas: are smaller, and ripen faster. They are also yellow in color.
- Baby-banana (pisang susa): is yellow as well. It is the sweetest of the banana family.
- Baking bananas: are large and are green, yellow or red-like. They cannot be eaten raw. They fulfill the role of the potato in the tropical countries.



6 We eat more bananas than apples and oranges combined. In fact, the average American eats 27 pounds of bananas every year!

XTM

EXCHANGE