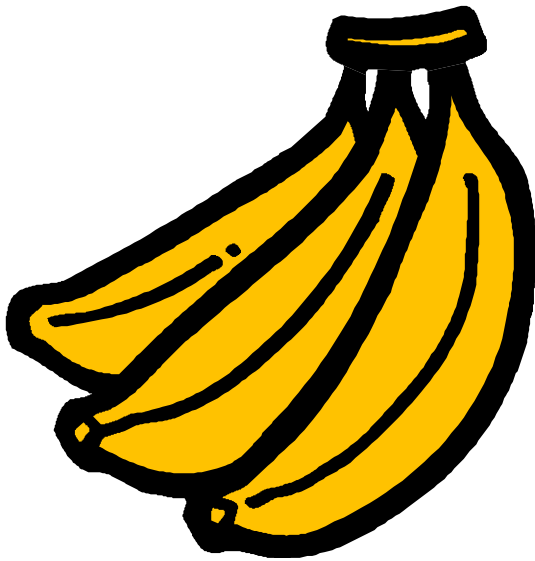


Bananas



Fun facts

Alexander the Great discovered bananas in his conquest of India in 327 B.C. As green bananas turn yellow, the starch in the fruit turns to sugar. Bananas don't grow on trees, as is commonly believed. They grow on compacted, water-filled leaf stalks that grow up to 25 feet high. They are the world's largest herb. This fruit also supplies a substantial amount of potassium along with significant amounts of vitamin B6. Bananas also have a small amount of folate (folic acid) and vitamin C.

Test your Banana I.Q.

What is the most popular fruit in America?

- a. Bananas
- b. Avocados
- c. Ugli fruit
- d. Artichokes

Bananas are related to what plant family?

- a. Lily and orchid
- b. Apple and pear
- c. Cucumber and zucchini
- d. Pineapple and artichoke

Banana			
Nutrition Facts			
Serving Size	1 medium (126g)		
Amount Per Serving			
Calories	120	Calories from Fat	1
Total Fat	1g		0g
Saturated Fat			0g
Cholesterol			0mg
Sodium			0mg
Total Carbohydrate			32g
Dietary Fiber			3g
Protein	1g		
Vitamin A	0%	Vitamin C	15%
Calcium	0%	Iron	2%
Potassium	300 mg		



A banana by any other name tastes just as sweet!

- ☑ **Bananas in India were called “Fruit of the Wise Men”, because wise men would meditate under the shady green leaves of banana plants.**
- ☑ One variety of banana, the 'Ice Cream Banana', is BLUE. It turns yellow like other bananas when ripe, and has a taste like vanilla custard and a texture like marshmallows.
- ☑ **Until the early 1800s in Hawaii, most banana varieties were 'kapu' - forbidden for women of Hawaii to eat, under penalty of death.**
- ☑ Centuries ago bananas were called "banna" and "ghana" and even "funana." The Africans are credited with giving it the name banana.