



VITAMIN BEE 1

NUTRITION EDUCATION PROGRAM BANANA ANSWER KEY GRADE 1

Answer Key

1. banana
2. 75
3. float
4. peel
5. slip

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facts

1. Bananas are yellow in color.
2. Americans eat more bananas than apples and oranges combined.
3. Americans eat more bananas than any other fruit.
4. The jacket of a banana is called the peel, which we don't eat.
5. Bananas are 75% water and can float because they contain so much water.
6. Bananas do not actually grow on a "banana tree," they are a giant herb, with long leaves.
7. Bananas are high in niacin, also known as Vitamin B3, which is essential for the body in lowering cholesterol.

recipes

EASY

- Spread peanut butter onto banana
- Make a banana and peanut butter sandwich
- Add to cold cereal or oatmeal
- Freeze for a summer treat
- Use it in a smoothie with other fruits and veggies

Grilled Banana Dessert

1. Put a whole banana on the grill for 4-5 minutes, each side.
2. Scoop into a bowl and top with walnuts, cinnamon, or what ever else you like!

Enjoy!

For more Healthy Recipe ideas, go to: www.vitaminbee.tv/recipes



quiz

Directions: Fill in the blank with the correct answer. Use your knowledge about bananas!

WORD BANK

apple oranges banana 75 30 sink
float peel raincoat surf slip

1. Which fruit do Americans eat the most of? _____.
2. Bananas are _____ % water.
3. Do bananas sink or float in water? _____
4. The jacket of the banana is called the _____.
5. Bananas are high in Vitamin _____ which helps lower cholesterol.

