

VITAMIN  
BEE™

3

**NUTRITION EDUCATION PROGRAM**  
**BANANA ANSWER KEY**  
**GRADE 3**

Answer Key

1. fruit
2. bananas
3. float
4. water
5. bulb
6. B

Visit [www.vitaminbee.tv](http://www.vitaminbee.tv) for videos, games, activities, recipes and more!



1. Bananas are yellow in color.
2. Americans eat more bananas than apples and oranges combined.
3. The average American eats about 28 pounds of bananas each year.
4. Bananas are 75% water and can float because they contain so much water.
5. Bananas are high in niacin, also known as Vitamin B3, which is essential for the body in lowering cholesterol.

## Other notable facts:

- An individual banana is called a finger, while a bunch is called a hand. One stem from a banana plant usually has about 15 hands.
- Bananas do not actually grow on a “banana tree”, they are actually the world’s biggest herb, growing up to 25 feet with leaves that can grow as long as 9 feet.
- Bananas grow from a bulb, not seeds.
- Bananas can have red, pink, purple, and black tones when they become ripe.
- Bananas are a good source of fiber. One 6 inch banana has nearly 3 grams (Recommended: 25 g/day 4-8 yr olds and 31 g/day 9-13 yr olds), which helps to keep the digestive system healthy.

## 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](http://www.vitaminbee.tv/recipes)



**Directions:** Circle the correct answer.  
Use your knowledge about bananas!

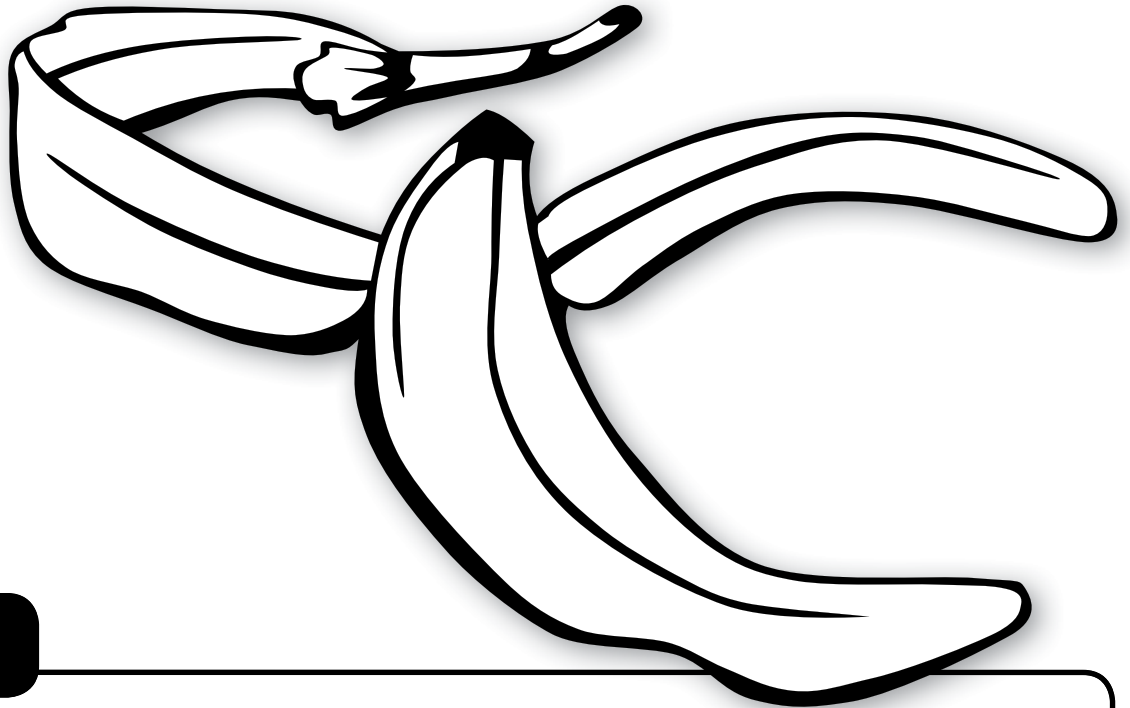
# quiz

1. Americans eat more bananas than apples and oranges combined. (True, False)
2. Bananas are (50%, 75%) water.
3. Bananas are mostly water and (float, sink).
4. An individual banana is called a (finger, toe).
5. Bananas do not grow on trees because they are the world's largest herb. (True, False)
6. Bananas grow from (bulbs, seeds).
7. Bananas are high in Niacin. (True, False)
8. Another name for Niacin is (Vitamin B3, Vitamin A).
9. A bunch of bananas is called a (hand, foot).
10. What color are bananas when they are ripe? (blue, green, yellow)
11. Americans on average eat (28, 128) pounds of bananas per year.

## EXTRA CREDIT

1. One 6 inch banana has \_\_\_\_\_ grams of fiber.

**Directions:** Vitamin Bee slipped on a banana peel, and that got him wondering about how the peel decays and what effect that has on the fruit. Just like VB got to thinking about bananas, read the questions below to get thinking yourselves and discuss your answers in groups.



## THINK ABOUT IT

Bananas grow best in a tropical habitat (true or false).

What is a habitat?

If the earth's surface is 71% water, a banana has a greater percentage of water in comparison (true or false).

Did you know that if there were a bathtub big enough to hold the earth, the earth would actually float because it is 71% water.

Why do watermelons float?

Banana tree wood is used to make lightweight furniture.