



# VITAMIN BEE<sup>TM</sup> 5

## NUTRITION EDUCATION PROGRAM BANANA ANSWER KEY GRADE 5

### Answer Key

1. 75%
2. 28
3. false
4. true
5. false
6. peel
7. niacin, cholesterol
8. finger, hand
9. potassium
10. fiber
11. watermelons, apple
12. digestive

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



# facts

1. Bananas are yellow in color.
2. Bananas come with their own jacket called a "peel."
3. The average American eats about 28 pounds of bananas each year.
4. Americans eat more bananas than apples and oranges combined.
5. Taking off the banana peel exposes the soft sweet part that you can eat.
6. Bananas are 75% water and can float because they contain so much water.
7. Apples and Watermelons can also float because they contain so much water.
8. The Banana Museum is located in Meca California, near Palm Springs, because of their popularity.
9. Bananas are high in niacin, also known as Vitamin B3, which is essential for the body in lowering cholesterol.
10. You can slip on a banana peel.

## Other interesting 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.
- If you peel a banana from the bottom while holding the stem as a handle, you won't get the "banana strings".
- 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 high in potassium, which is needed for our muscles to work (including the heart) and keeping brain cells healthy.
- 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.
- The water contained in bananas helps keep our cells and organs working properly, and flushes toxins from the body.
- Bananas are the #1 fruit for athletes because their combination of natural sugars and fiber provides an instant boost and long term boost.
- Research has shown that just two bananas provide enough energy for a strenuous 90 minute workout

## 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)



## quiz

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

1. Bananas are good to eat on a hot day because they contain (75%, 60%) water.
2. The average American eats about (35, 28) bananas each year.
3. Bananas grow from seeds. (True, False)
4. Bananas can float in water because they contain so much water. (True, False)
5. Bananas grow on banana trees. (True, False)

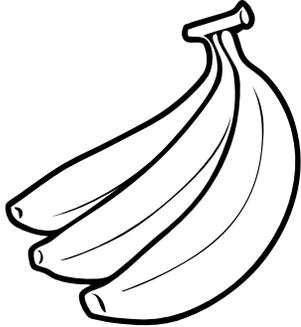
**Directions:** Use the words from the word bank to answer the following questions.

### WORD BANK

finger	bunch	potassium	calcium	peel	
cholesterol	sugar	niacin	stem	hand	fiber
watermelons	pears	apple	immune	digestive	neuro

6. Bananas are yellow fruit that actually come with their own jacket called a "\_\_\_\_\_".
7. Bananas are high in \_\_\_\_\_ which is also known as Vitamin B3. It is important in lowering \_\_\_\_\_.
8. An individual banana is called a \_\_\_\_\_, while a bunch is called a \_\_\_\_\_.
9. The banana is also high in \_\_\_\_\_ which is important for our muscles and brain cells.
10. One 6 inch banana contains nearly 3 grams of \_\_\_\_\_.
11. Two other fruits that also float on water are \_\_\_\_\_ and \_\_\_\_\_.
12. Bananas are very good for the \_\_\_\_\_ system.

**Directions:** Vitamin Bee is rearranging the letters from the word "potassium" to make new words. Write the words you find in the spaces.



## POTASSIUM

### WORDS WITH 6 LETTERS

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

### WORDS WITH 5 LETTERS

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

### WORDS WITH 4 LETTERS

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

### WORDS WITH 3 LETTERS

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____