



Child Nutrition Corner - Food Inspires

Our March/ April promotion is titled "Just Go Bananas."

Here are some facts about bananas which could help you to love bananas more.

- Bananas are the fruit produced by various banana plants.
- When ripe they are usually long and curved with a soft inside covered by a yellow skin (peel).
- Bananas can be found in other colors, including red.
- Banana plants are not trees, they are a type of herb.
- Humans have grown bananas for thousands of years.
- Most species of banana plant originated in Southeast Asia.
- Bananas grow in large, hanging bunches.
- A row of bananas is sometimes called a 'hand,' while a single banana is called a "finger."
- The average banana weighs around 125 grams.
- Bananas contain around 75% water.
- Bananas have high nutritional value and are a healthy snack.
- The Gros Michel banana was a popular variety before crops were destroyed by Panama disease in the 1950's. Panama disease attacks the roots of banana plants.
- The most popular type of banana sold in stores these days is the Cavendish banana, it is resistant to the strain of Panama disease that effectively wiped out the Gros Michel banana but there are concerns that it too may eventually suffer a similar fate.
- Lady Finger bananas are small, sweet and have relatively thin skins.
- Plantains are harder and contain less sugar than normal bananas. They are often used in cooking.
- Wild bananas grow with large, hard seeds.
- India is the leading producer of bananas.
- Bananas sent overseas are picked green and ripened under special conditions when they reach their destination.
- Fiber taken from banana plants can be used to make clothes.
- Bananas contain a lot of potassium, making them more radioactive than other fruits. You don't need to worry though as this naturally occurring radiation has very little effect on the body. Other foods rich in potassium include potatoes, beans, seeds and nuts.
- The third Wednesday in April is National Banana Day.

Source: <https://www.sciencekids.co.nz/sciencefacts/food/bananas.html>

We offer bananas every week at breakfast and lunch. Whether it is fresh or in our homemade muffin tops, let's just go bananas together!



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