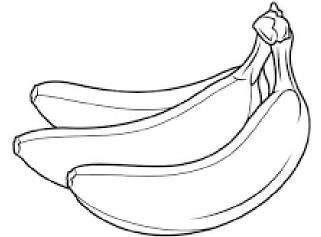


Fresh Fruit and Vegetable Program Nutritional Education



Nutrition Facts

ABOUT 75% OF A BANANA IS WATER.
BANANAS ALSO CONTAINS FIBER, SUGAR,
POTASSIUM, CALCIUM, IPON, VITAMIN C AND
VITAMIN B6.

Did You know:

A Banana is a Berry! Because they have seeds inside, they are classified as berries. There are more than 100 billion bananas eaten every year in the world! It is estimated that there are more than 1,000 types of bananas in the world! There are all finds of unusual bananas such as the apple banana or the bubblegum pink banana. The banana we typically eat are called cayendish bananas.

each individual banana is called a finger. A grouping of attached fingers make up a hand while multiple hands are called a bunch!



Find the words:

Banana | Bunch | Berry |

Finger | Hand