

# BANANAS

## **History**

Bananas were first cultivated in Southeast Asia, dating back to 5000 BCE. There are many varieties today, but the most popular is the yellow Cavendish banana.

## **Nutrition**

Bananas are a good source of carbohydrates for energy, dietary fiber, and provide a moderate amount of potassium.

## **Fun Fact**

Though the yellow banana is the most common, different banana varieties can be green, red, brown, or purple.

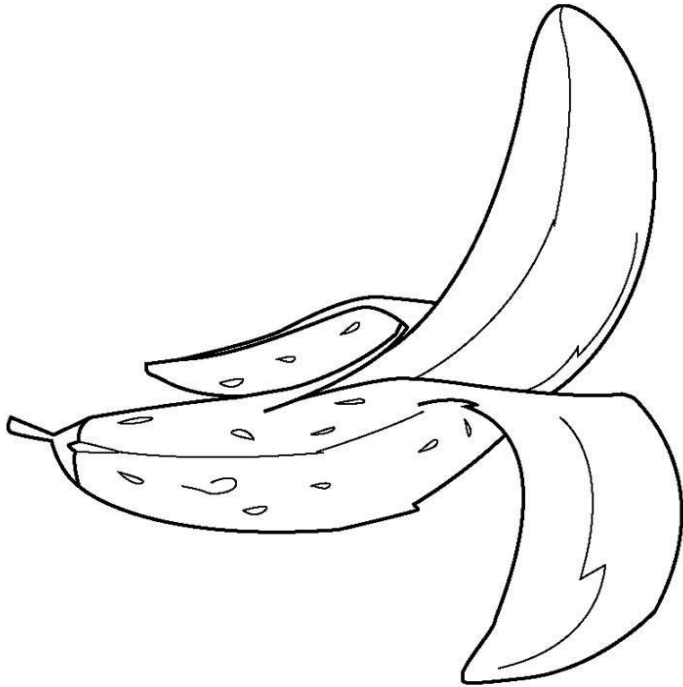


# Growing and Harvest



- Bananas grow on a plant in large bunches. Though this plant can grow fairly tall, it is not considered to be a tree.
- It takes approximately 9 months for banana plants to produce fruit.
- The plant dies after harvesting the banana fruit, but produces small babies at the base of the plant that can grow into future banana plants.
- Bananas are picked when green, so that they do not become overripe during the transportation process to grocery stores and vendors.

# Activities



Banana



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Help the monkey get through  
the maze and get more bananas!

