

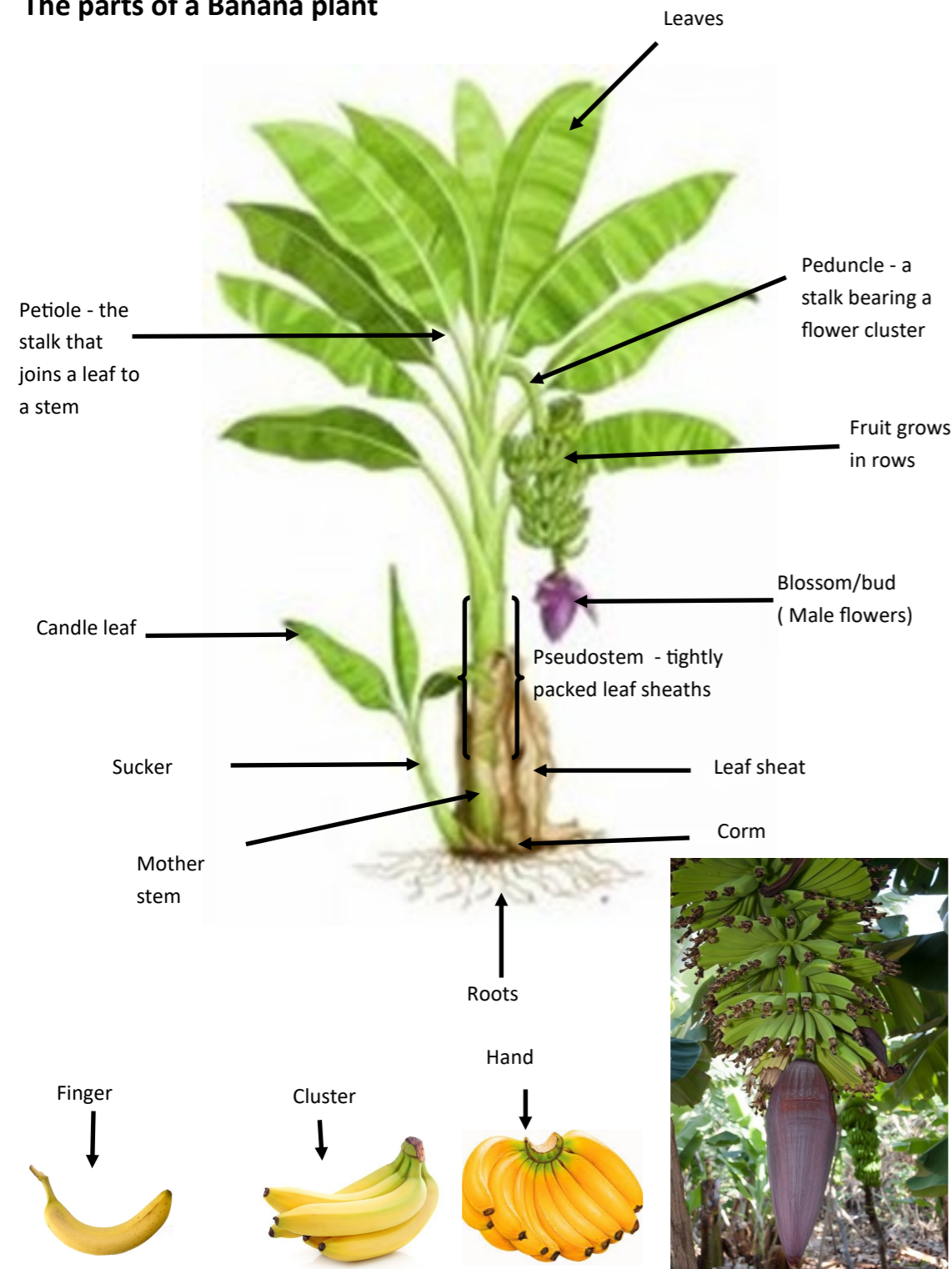


# All About Bananas



**BANANAS** - A banana is the common name for a type of fruit. The most common banana is the 'Cavendish'

## The parts of a Banana plant



## The Banana plant

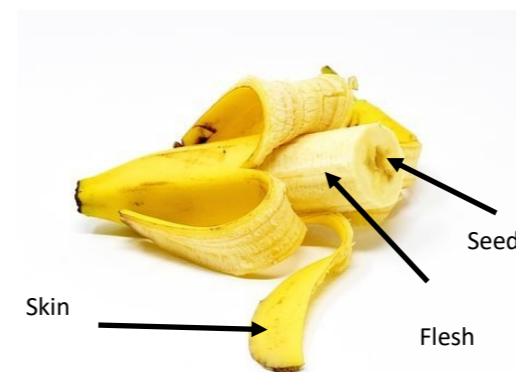
The banana plant is the largest herbaceous flowering plant. Banana plants are often mistaken for trees. Bananas have a false stem (called pseudostem), which is made by the lower part of the leaves. This pseudostem can grow to be two to eight metres tall. Each pseudo stem grows from a corm. A pseudostem is able to produce a single bunch of bananas. After fruiting, the pseudostem dies and is replaced. When most bananas are ripe, they turn yellow or, sometimes, red. Unripe bananas are green.

Banana leaves grow in a spiral and may grow 2.7 metres (8.9 feet) long and 60 cm (2.0 ft) wide. They are easily torn by the wind, which results in a familiar, frayed look.


















**Fruit** - The banana fruits grow from a banana blossom in hanging clusters, also called a bunch or banana stem. The fruits grow in rows called tiers or hands. There can be as many as twenty fruits to a hand, and as many as twenty tiers in a bunch. A bunch usually weighs between 30 and 50 kilograms (65 to 110 pounds).

A single fruit weighs about 125 grams (4.4 ounces) on average; about three quarters of this is water.

Each banana (or finger) has a protective outer layer (called peel or skin). There is a fleshy part inside that readily splits into three segments. It is the only known tri-segmented fruit in the world. Both the skin and inner part can be eaten. Western cultures generally eat the inside raw and throw away the skin. Each fruit has many strings that run between the skin and the inner part.



## Check out our Brilliant Banana facts for children:

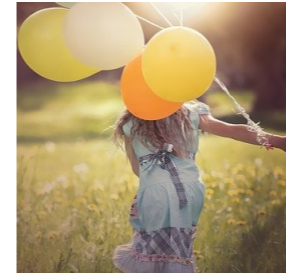
-  Bananas are grown globally in the tropics
-  It takes 9 months for the fruit to be ready to harvest
-  A banana plant grows from a corm (not on trees)
-  The riper a banana gets, the sweeter it becomes
-  Bananas can be purple or brown
-  Bananas float in water like apples
-  Banana peels are a good fertiliser for other plants
-  A man once ran a marathon dressed as a banana
-  Banana plants grow from a bulb – just like a daffodil
-  A relative of the banana is the plantain
-  Banana skins are slippery if you tread on them
-  Bananas are a common ingredient of smoothies
-  Bananas can be harvested all year round
-  Fibres from a banana plant can be used to make clothes and paper
-  If you want a green banana to ripen, you can put it in a bag with an apple
-  Bananas can be cooked as chips, like potatoes
-  Bananas grow in large, hanging bunches
-  Bananas are a tropical fruit
-  Banana plants are a type of herb
-  There are approximately 1,000 different Bananas

## Amazing benefits of Bananas



Energy - Bananas supply proper carbohydrates necessary to replace the muscle glycogen (muscle sugar) used.

A banana contains 15% of the Vitamin C you should eat in a day



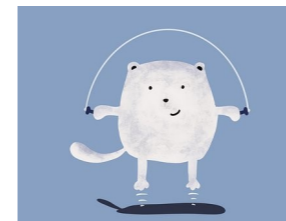
Bananas are also the only fruit that helps your body produce **serotonin** - a natural substance that alleviates depression



Bananas also build up antioxidants as they become browner, which is important in helping your body protect its self against disease causing inflammation



They contain vitamin C, vitamin B, fibre and lots of potassium, which can reduce blood pressure.



Eating 2 bananas can give you as much energy for 90 minutes of exercise. The potassium it produces will make you stay focused and alert

**IRON** - Bananas are rich in iron too, and can help individuals with anaemia.



Disease fighter– Research shows that eating bananas may help lower the risk of heart attack and strokes.

Bananas can help cure indigestion