

Banana



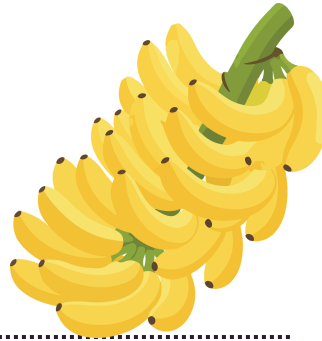
Look: Bananas come in two sizes, larger and petite. Both have bright yellow peels and both grow in bunches.

Taste: Both banana sizes taste the same. The more green they are, the less sweet they taste. As they get more yellow, the sweeter they become.

Touch: As bananas ripen they get softer the texture gets creamier. The peel is smooth with ridges at the top.



A single banana is called a "finger," and a bunch is called a "hand".



Did you know?

Bananas float
in water!



Health Benefits



Potassium



Fiber



Vitamin B6



Vitamin C