

# SNACKBite



## Banana

- Depending on the variety, bananas can have a yellow, purple, red, or speckled peel and can range from 3-12 inches.
- The name for a bunch of banana is a hand, while a single banana is called a finger.
- Potassium in bananas is important because it works with sodium to control muscle contractions, including heart beats.
- Ripe bananas will glow a bright blue under UV light.
- Bananas are picked when still green. The best time to eat a banana is when it is firm but not hard, brightly colored, and not covered in brown spots or bruises.
- Bananas are popular with athletes. They help to keep energy levels steady and also help to prevent muscle cramps.
- They are grown in tropical areas like Africa, Latin America, the Caribbean, and the Pacific



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

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