

# Banana

Learn a trick from the monkeys! You don't have to be upside-down to enjoy a banana!



Try it!

Bananas have a creamy texture and a sweet, tropical taste. No wonder why we are bananas about bananas!



Fruit  
FUN!

## Fun Facts:

- Store bananas are seedless, but wild ones have big, hard seeds!
- Bananas help ripen other fruits and vegetables. Just place them side-by-side!

## Nutrition

Bananas contain a lot of a mineral called potassium. This is important to your muscles and helps you move!

