



Harvest of the Week

Volume 1, Issue Banana

Health and Learning Success

Students who get regular physical activity often perform better in the classroom. Encourage your child to be active and help them eat a colorful variety of fruits and veggies every day.

Let's Get Physical!

Go for a brisk walk with your child in the morning to warm up your body and mind.

Set aside 20 minutes for your child to play outside or be active indoors before starting homework.

Fun Facts

The average American eats 27 pounds of bananas per year.

BANANAS FLOAT IN WATER!

If you peel a banana from the bottom, you won't get those "strings."

Those strings are called phloem (pronounced FLOM).

An individual banana is called a finger; a bunch of bananas is called a hand.

Banana

HELP YOUR CHILD EAT HEALTHY

- Try a *banana dog*! Spread peanut butter on one side of a hot dog bun and jelly on the other. Place a peeled banana in between and enjoy!
- Add sliced bananas to favorite foods: cereal, milk, sandwiches, puddings and gelatin.
- Dress bananas in delicious dips such as yogurt, puddings or flavored sauces.
- Make a banana sandwich and cut into fun shapes using cookie cutters.
- Try the Banana Smoothie Recipe below!



PRODUCE TIPS

- Most people like their bananas when the peel is yellow or yellow with brown flecks.
- Store bananas at room temperature.
- If bananas are too green, you can put them into a brown paper bag with an apple or tomato overnight to speed up ripening process.
- You can slow down the banana ripening process by storing the fruit in the refrigerator. The skin may darken, but the banana will be just right for several days.

HealthWise

- ✓ Breakfast truly is the most important meal of the day. It gives the body much needed energy and nutrients after fasting all night.
- ✓ Breakfast is available at school every morning at no charge to all students.
- ✓ Ask your child what he/she learned about bananas at school.

PEANUT BUTTER BANANA SMOOTHIE

Makes 2 servings

Ingredients:

2 whole bananas, frozen*, peeled and sliced
1 (6-oz) carton non-fat vanilla yogurt
1/3 cup creamy peanut butter
1/2 cup non-fat milk



Directions:

Place all ingredients in a blender and puree until smooth. Serve immediately.

* **Note:** This smoothie may also be made using bananas that are not frozen. The result will not be quite as thick or cold, but equally delicious.

Variation: For a frosty version, replace non-fat milk with low-fat milk and the yogurt with 2 cups of crushed ice. Use the ice crush setting or pulse until ice and other ingredients are well combined.

Source: www.chiquitabananas.com

Banana Nutrition Facts	
Serving Size	1 medium banana
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 19g	
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	