**Beneficial Bites:**

☺ In addition to the Potassium they are best known for, bananas are rich in antioxidants Vitamin C and Manganese.

☺ “A *banana* a day keeps the doctor away!” Compared to an apple, a banana provides 4 times the protein, 3 times the phosphorus, and 5 times the vitamin A and iron.

☺Bananas are a great natural source of fiber and they are fat-, sodium-, and cholesterol-free!

**Interesting Facts:**

☺ Bananas are the most popular fruit in America!

☺ There are more than 500 varieties of bananas grown around the world!

☺ Because bananas are a perennial crop grown in every tropical region of the world, they are harvested somewhere every day of the year!

**Beneficial Bites:**

☺ In addition to the Potassium they are best known for, bananas are rich in antioxidants Vitamin C and Manganese.

☺ “A *banana* a day keeps the doctor away!” Compared to an apple, a banana provides 4 times the protein, 3 times the phosphorus, and 5 times the vitamin A and iron.

☺ Bananas are a great natural source of fiber and they are fat-, sodium-, and cholesterol-free!

**Interesting Facts:**

☺ Bananas are the most popular fruit in America!

☺ There are more than 500 varieties of bananas grown around the world!

☺ Because bananas are a perennial crop grown in every tropical region of the world, they are harvested somewhere every day of the year!

**Beneficial Bites:**

☺ In addition to the Potassium they are best known for, bananas are rich in antioxidants Vitamin C and Manganese.

☺ “A *banana* a day keeps the doctor away!” Compared to an apple, a banana provides 4 times the protein, 3 times the phosphorus, and 5 times the vitamin A and iron.

☺ Bananas are a great natural source of fiber and they are fat-, sodium-, and cholesterol-free!

**Interesting Facts:**

☺ Bananas are the most popular fruit in America!

☺ There are more than 500 varieties of bananas grown around the world!

☺ Because bananas are a perennial crop grown in every tropical region of the world, they are harvested somewhere every day of the year!

Go bananas for bananas all month long with your Meals on Wheels!



**Banana Word Search**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| N | G | P | L | A | C | I | P | O | R | T | C |
| C | A | V | E | N | D | I | S | H | B | H | B |
| S | N | O | X | R | F | C | Y | D | U | A | E |
| U | T | K | E | S | E | N | A | G | N | A | M |
| R | I | P | T | L | R | N | D | A | C | V | J |
| O | O | L | A | P | U | G | N | Y | H | R | F |
| H | X | A | W | D | B | A | C | I | L | Y | I |
| P | I | N | F | M | S | G | U | P | A | E | B |
| S | D | T | H | P | O | R | T | A | B | L | E |
| O | A | A | L | D | V | E | O | S | I | L | R |
| H | N | I | M | U | I | S | S | A | T | O | P |
| P | T | N | P | N | E | P | I | R | E | W | Z |

ANTIOXIDANT PHOSPHORUS

BANANA SPLIT PLANTAIN

BUNCH PORTABLE

CAVENDISH POTASSIUM

FIBER RIPEN

MANGANESE TROPICAL

PERENNIAL YELLOW



Go bananas for bananas all month long with your Meals on Wheels!



**Banana Word Search**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| N | G | P | L | A | C | I | P | O | R | T | C |
| C | A | V | E | N | D | I | S | H | B | H | B |
| S | N | O | X | R | F | C | Y | D | U | A | E |
| U | T | K | E | S | E | N | A | G | N | A | M |
| R | I | P | T | L | R | N | D | A | C | V | J |
| O | O | L | A | P | U | G | N | Y | H | R | F |
| H | X | A | W | D | B | A | C | I | L | Y | I |
| P | I | N | F | M | S | G | U | P | A | E | B |
| S | D | T | H | P | O | R | T | A | B | L | E |
| O | A | A | L | D | V | E | O | S | I | L | R |
| H | N | I | M | U | I | S | S | A | T | O | P |
| P | T | N | P | N | E | P | I | R | E | W | Z |

ANTIOXIDANT PHOSPHORUS

BANANA SPLIT PLANTAIN

BUNCH PORTABLE

CAVENDISH POTASSIUM

FIBER RIPEN

MANGANESE TROPICAL

PERENNIAL YELLOW



Go bananas for bananas all month long with your Meals on Wheels!



**Banana Word Search**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| N | G | P | L | A | C | I | P | O | R | T | C |
| C | A | V | E | N | D | I | S | H | B | H | B |
| S | N | O | X | R | F | C | Y | D | U | A | E |
| U | T | K | E | S | E | N | A | G | N | A | M |
| R | I | P | T | L | R | N | D | A | C | V | J |
| O | O | L | A | P | U | G | N | Y | H | R | F |
| H | X | A | W | D | B | A | C | I | L | Y | I |
| P | I | N | F | M | S | G | U | P | A | E | B |
| S | D | T | H | P | O | R | T | A | B | L | E |
| O | A | A | L | D | V | E | O | S | I | L | R |
| H | N | I | M | U | I | S | S | A | T | O | P |
| P | T | N | P | N | E | P | I | R | E | W | Z |

ANTIOXIDANT PHOSPHORUS

BANANA SPLIT PLANTAIN

BUNCH PORTABLE

CAVENDISH POTASSIUM

FIBER RIPEN

MANGANESE TROPICAL

PERENNIAL YELLOW

