

kids zone: THE WISE BANANA



Useful & Fun Facts

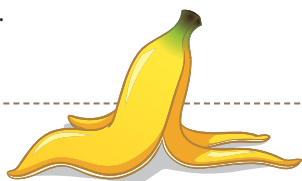
- > *Musa sapientum* is the scientific name for banana, which means “fruit of the wise men.”
- > A cluster of 10-20 bananas is called a hand, each banana is called a finger.
- > The banana split was invented in 1904 in Latrobe, Pennsylvania.
- > Use the inside of a banana peel to whiten teeth naturally by rubbing it on your teeth for 2 minutes every night. See results in about 2 weeks, thanks to potassium, magnesium and manganese in the peel.
- > Bananas and their peels make great fertilizer. Compost, bury whole, or cut them into small pieces and work into soil.
- > Rubbing the inside of a banana peel on a mosquito or bug bite and on poison ivy will help keep it from itching and becoming inflamed.
- > Japan uses the fibers in banana plants to make fabric and sometimes even paper.
- > Rub the inside of a banana peel on a scrape or burn to reduce the pain, minimize swelling, and keep it from becoming infected.
- > To ripen bananas faster, put them in a brown paper bag. Adding another fruit to the bag (like an apple) will speed up the process even more.
- > Headache? Rub a banana peel over your forehead to help alleviate the pain.



Chocolate Banana Pops

- 5 large bananas
- 10 wooden sticks
- 24 ounces semi-sweet chocolate, coarsely chopped
- Assorted toppings: sprinkles, nuts, coconut, etc

1. Line a baking sheet with parchment or wax paper. Peel and cut bananas in half. Insert wooden stick into the cut end of each banana. Place bananas on prepared baking sheet and freeze about 1 hour or until firm. Place toppings in shallow bowls. In microwave-safe bowl, heat chocolate in microwave in 30-second intervals; stirring each time until melted and smooth. Remove the bananas from the freezer.
2. Hold one banana over melted chocolate; using a large spoon or small ladle, spoon a generous amount of chocolate over banana while rotating until covered. Work quickly as chocolate will start to set. Hold banana over topping bowls; sprinkle toppings over banana. Place banana back on prepared baking sheet; repeat for each banana. Serve frozen.
3. Store frozen chocolate bananas in an airtight container or zip-top plastic bag in freezer. If serving straight from the freezer, allow them to sit at room temperature for 10 minutes.



Word Scramble

Unscramble the words to reveal summer words.

snu escenr

unsglsaes

lifp lposf

cincpi

awmtneelor

iec racem

cposlepi

olendaem

rpka

touodor nfu

sgmwinmi

ebhac

Answers: sun screen, sunglasses, flip flop, picnic, watermelon, ice cream, popsicle, lemonade, park, outdoor fun, swimming, beach