Banana

What am I?

Bananas are a yellow fruit that are surrounded by a delicate peel. Bananas are not yet ripe when the peel is green. There are many varieties of bananas and originally grew in Southeast Asian jungles.

How do I grow?

- Bananas grow on plants that look like trees but are not actually trees.
- Due to their need for a warm, tropical climate, bananas are not grown in the US.
- Banana bunches grow pointing up.

Nutrition Facts

Bananas are most known for their potassium content but also contain B vitamins, vitamin C, magnesium, and fiber. These support heart health and digestive health. Bananas make for a good snack, cereal-topper, or a great addition to your favorite muffin or fruit bread.

Fun Facts

- Bananas have been growing on the Earth for millions of years.
- Bunches of bananas are called “hands” and each hand has about 20 “fingers.”
- Interestingly, banana plants are giant herbs, not trees.

WISCONSIN DEPARTMENT OF
Public Instruction
Jill K. Underly, PhD, State Superintendent