



Go Bananas!



Exploring the Health Benefits of bananas in Family Child Care

Origin: 5/23

In an effort to encourage healthy habits for your children as well as support your childcare business, we have put together this self-study unit. Submitting this completed unit satisfies your annual CACFP nutrition education requirement and may also be considered as continuing education for your Colorado State License.

Please read through each activity carefully and consider that the workshop should take **at least** one hour of effort on your part. Once reviewed, you will receive a training certificate via email along with helpful feedback.

Provider	Signature	Printed Name	Date
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Submit with menus or to: southwestcacfp@gmail.com

Things to enclose: Pages 1-6 fully completed for a 1 (one) hour credit Complete 1 additional recipe activity and a separate answer page for .5 hours extra credit

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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.

Place an X next to each statement that you feel you can honestly support.

1. _____ I make a conscious effort to serve fresh or raw fruits without added sugar.
2. _____ I avoid canned fruits in heavy syrups.
3. _____ I try to sit and eat with the children whenever possible.
4. _____ I ensure that every child washes thoroughly before and after eating, even at snack.
5. _____ I plan at least some cooking/food activities for the children to help them understand the functions of food.
6. _____ I understand that it is important to maintain a variety in fruits and veggies, even in the winter.
7. _____ I talk with my children about the foods they are eating.
8. _____ I limit juice servings (100% full strength juice) to no more than twice per week.
9. _____ I try to set a good example of healthy eating habits.
10. _____ I recognize that foods can be used to teach many other concepts like colors, shapes, and textures.
11. _____ I include my children in choices about our menus.
12. _____ I do not allow toys, books, television, or video games during meal times.
13. _____ I offer books, stories, songs, or games about foods at non-feeding times
14. _____ I always wash ALL raw foods to ensure dirt and bacteria from pastures, transport vehicles, and produce handlers does not reach my children.
15. _____ I never withhold foods in association with behavior.
16. _____ I've tried serving slightly frozen fruits as a refreshing snack in warmer months.
17. _____ I try to introduce new or unusual fruits and veggies whenever possible.
18. _____ I recognize that some fruits may pose a choking hazard and are careful that pieces are age appropriate.
19. _____ I engage my children in conversations about their food likes and dislikes.
20. _____ I try to let my children serve themselves at least some of the time.
21. _____ I ensure my children go outside or engage in full physical activity at least once each day, even in the winter.
22. _____ I recognize that children learn with all of their senses and allow my children to "feel" their foods at least some of the time.

Choose one of the statements above about which you believe strongly and briefly describe why you feel this statement is important to the nutrition education of your children:

Bananas

- ✓ Cholesterol-Free
- ✓ Fat-Free
- ✓ Sodium-Free
- ✓ Good Source of Fiber

The nutritious amount of fiber in bananas can help you feel fuller for longer

0.4g
FAT

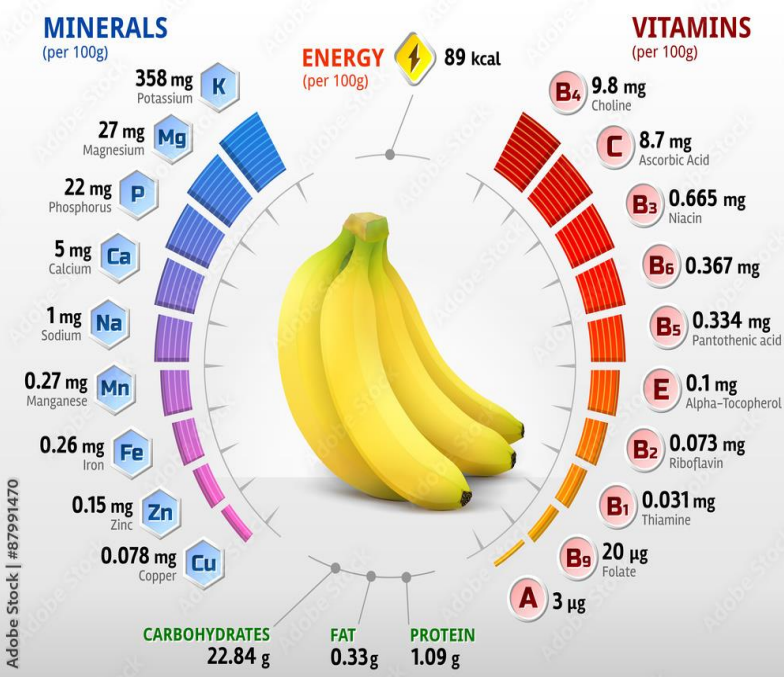
105
CALORIES

3.1g
FIBER

1.3g
PROTEIN

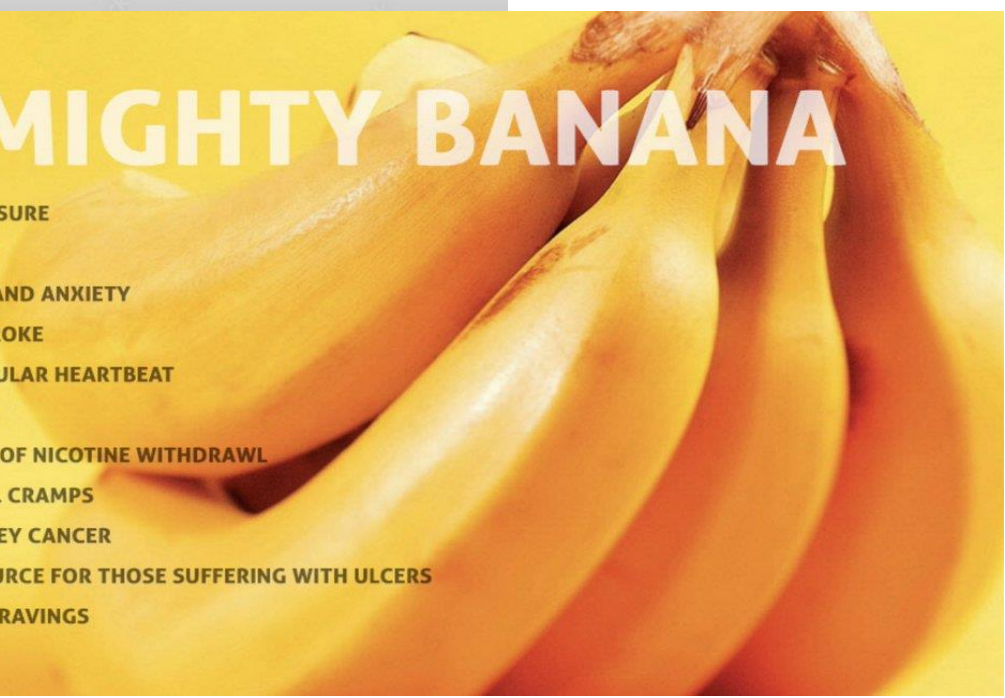
27g
CARBS

(per medium banana)



THE MIGHTY BANANA

- LOWERS BLOOD PRESSURE
- ANTI-INFLAMMATORY
- FIGHTS DEPRESSION AND ANXIETY
- REDUCES RISK OF STROKE
- HELPS MAINTAIN REGULAR HEARTBEAT
- EASES CONSTIPATION
- REDUCES SYMPTOMS OF NICOTINE WITHDRAWAL
- RELIEVES MENSTRUAL CRAMPS
- HELPS PREVENT KIDNEY CANCER
- EXCELLENT FOOD SOURCE FOR THOSE SUFFERING WITH ULCERS
- HELPS CURB SUGAR CRAVINGS





Raising Your banana IQ

Answer the following Questions to the Best of Your Ability (hint- most answers can be found by reading through this unit or your Creditable Foods Guide)

The appropriate size serving of fruit for a 3-5 year old at breakfast or snack is: $\frac{1}{4}$ cup $\frac{1}{2}$ cup **1 cup**

How do children learn about healthy eating? A) books and stories B) examples set by adult caregivers C) exposure to healthy foods D) discussion with adults E) All of the above

Are there enough bananas in the typical pancake to equal a full serving? **YES / NO**

The banana is technically classified as a “berry” True / False

Bananas may make you “feel” good due to amino acid, tryptophan, and vitamin B 6 that help the body to produce serotonin True / False

Is it a good idea to wash bananas? **YES / NO**

What fresh fruits do you have on hand in your kitchen right now? _____

The potassium in bananas can help regulate blood pressure **True / False**

The inside of a banana peel can help alleviate itching or inflammation from bug bites **True / False**

If you are serving a banana parfait for snack to a group of 3-5 yr olds, how many bananas would each child need to meet program serving requirements? _____

Would serving bananas and oranges be considered a creditable snack? Yes / No

Why or why not _____

Bananas float in water because they are less dense in comparison? Yes / No

Bananas with green tips are not fully ripe **True / False**

Are “home canned” fruits or preserves creditable on the food program? **YES / NO**

Bananas grow on super tall trees with their bunches hanging downward True / False

Peeled and frozen left-over bananas can be easily blended with yogurt and vanilla for a tasty smoothie? T / F

Pureed bananas should never be offered to infants True / False

Activity -

Choose one of the 4 following recipes and complete this answer page

The recipe I chose was _____

The date I prepared the recipe was _____

The children who participated in the process and/or ate the offered food (first names only) _

Three things that children said about the process or end product

What went well?

What didn't go well?

What do you think your children may have learned?

HOW MANY BANANAS ARE IN A CUP?

 1/2 BANANA: 1/3 cup chopped 1/4 cup mashed	 1 BANANA: 2/3 cup chopped 1/2 cup mashed	 1-1/2 BANANAS: 1 cup chopped 3/4 cup mashed
 2 BANANAS: 1-1/3 cups chopped 1 cup mashed	 3 BANANAS: 2 cups chopped 1-1/2 cups mashed	 4 BANANAS: 2-2/3 cups chopped 2 cups mashed

@TASTEOPHOME





Recipe choice #1 – 3 Ingredient Banana Oatmeal Bites

3 cups rolled oats (1/2 blended in a processor to make “flour” and 1/2 left intact)
3 cups ripe bananas – mashed (about 6 bananas)
1 tsp cinnamon

Preheat oven to 350. Either grease or line a standard cookie sheet. Combine all ingredients in a large bowl and mix well. Allow to sit for 15 minutes so that oats may absorb banana. Scoop dollops onto cookie sheet and slightly flatten. Bake 10-12 minutes. Cool on wire rack. Store cooled bites in an airtight container.

*this recipe may satisfy the grain component of a snack



Recipe choice #2 – Tropical Smoothies

1 cup fresh peeled banana, 1 cup fresh or canned pineapple, 1 cup fresh peeled and cut or canned mango, 3 cups low fat vanilla yogurt, 4 graham cracker squares. Optional- flaked coconut for garnish. (pre-freezing all ingredients will create a frosty version). Mix all ingredients in a processor or blender. Pour into individual cups and serve.

*this recipe will satisfy 1 fruit/veg component and one protein component of a breakfast or snack

Recipe Choice #3 - Banana Quesadillas



Whole wheat tortilla for each child. Spread 2 Tbsp nut butter, $\frac{1}{4}$ c bananas, and $\frac{1}{4}$ raisins. Fold and cook in skillet until golden. Serve warm (cream cheese could be substituted for peanut butter if there are allergy concerns; however, cream cheese is not a creditable component)

*this recipe can satisfy 1 grain, 1 fruit/veg, and 1 protein component of a breakfast or snack



Recipe Choice #4 - 1 banana for each child, low fat vanilla yogurt, misc berries for topping, crushed breakfast cereal of choice. Peel and slice bananas. Split and fill with yogurt. Top with berries and crushed cereal.