

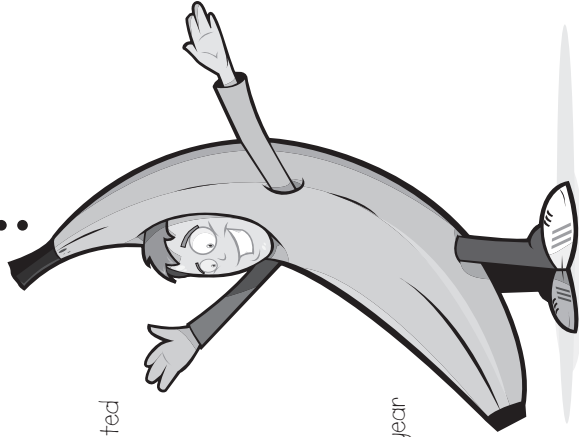
kids zoning in on nutrition education

Did You Know?

- Your body is over 70% water
- When you play outside in the warm weather, your body temperature increases
- Your body's natural way of cooling itself down is producing sweat
- Drinking water frequently will help you stay hydrated

Banana Facts

- There are more than 500 varieties of bananas in the world
- Bananas ripen best after they have been picked
- Bananas become sweeter as they ripen
- India and Brazil produce the most bananas each year



When it's warm outside, it's important to stay cool. Staying hydrated and drinking enough water is important for playing outside!

FROZEN BANANA TREATS

Here's a great new recipe to try this summer when the weather gets warm!



Yields: 2 treats

Ingredients:

- 1 Ripe Banana
- 4 Tbsp. Peanut Butter or Fruit Yogurt
- 2 Popsicle Sticks
- Wax Paper

Directions:

1. Peel the banana and have a parent help you cut it in half.
2. Stick a Popsicle stick in the center of the end of each banana half.
3. Spread peanut butter or yogurt on the outside of the banana.
4. Put the bananas on wax paper.
5. Freeze them.
6. Enjoy!

Time: Freeze the bananas for a few hours or overnight.

recipe components

Ripe Banana

Overnight

Popsicle Sticks

2 Treats

Peel the Banana

Peanut Butter

Put the Bananas on Wax Paper

recipe sections

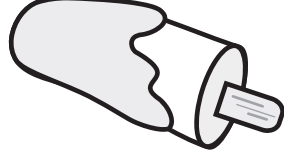
Ingredients

Time

Yield

Directions

Title



Match the recipe components to the recipe sections. Use the Frozen Banana Treats recipe above for help!

