



Hey kids, become a  
**FOOD EXPLORER**  
and check this out!

# Plantains



## Did you know...?

- Plantains are a member of the banana family. They are starchier and lower in sugar than bananas.
- Dried plantains can be ground into flour.
- Native to India and the Caribbean, plantains serve an important role in many traditional dishes.
- Plantains are not suitable to eat raw unless they are very ripe and turn completely black.

## DELICIOUS AND NUTRITIOUS

Plantains are a good source of potassium, which is healthful for your heart.

### A SUPER SNACK IDEA

Use plantains in banana bread.

### PLANTAIN HUMOR

**Why do plantains wear sunscreen?**

Because they peel!