



Banana T & F

- 1) The riper the banana, the sweeter it will taste TRUE
starch turns to sugar
- 2) Bananas are a good source of vitamin C TRUE
Vitamin C, potassium, fibre
- 3) Bananas are high in fat FALSE
No fat, no cholesterol, no salt!
- 4) The first banana came to the US in 1492 with Christopher Columbus.—FALSE
Bananas were introduced at the 1876 Philadelphia Centennial Exhibition. They were wrapped in foil and sold for 10 cents.
- 5) Brazil is the largest producer of Banana. FALSE
India is #1—Banana flower is sacred/good luck

Natural cure for: Energy, Depression, PMS, Anemia, Blood Pressure, Brain Power, Constipation, Hangovers, Heartburn, Mosquito Bites, Nerves, Stroke Prevention, Morning Sickness, Ulcers, Temperature control, SAD, Warts, Stress



BANANA TIC-TAC-TOE

Give them a blank piece of paper and draw a big tic-tac-toe board. In each one of the nine squares, they should fill in anything that they might eat, serve, drink, or make with bananas.

(Some examples, cereal with bananas, banana pudding, banana milkshake, banana splits, banana cake, frozen chocolate covered bananas dried bananas, etc.)

Go around the room. First person reads off an item. Anyone that has it, “x” it off. First to get TIC TAC TOE wins!

Give a yellow prize!



DEMO IDEAS

- 1) Serving Center-for banana split buffet
- 2) Modular Mates —for banana split toppings.
- 3) Modular Mate Oval 1 for banana split dishes
- 4) Jel-Ring Mold—for bananas in Jell-O.
- 5) Impression Tumblers—for whole banana in Jell-O tube.
- 6) Large Freezer Mate for Banana Desserts
- 7) Quick Shake for milkshakes
- 8) Quick Chef for ice cream
- 9) Power Chef—Smoothies/baby food
- 10) UltraPro Loaf Pan-Banana Bread



Recruiting Activity

Share benefits

Have them jot down which benefit would be most “a-peeling”!