



# Growing At-Home Scholars with Bobby Banana

Looking for new ways to make learning at home fun? Have your student follow along with Dole's very own, Bobby Banana as he shares 7 days of deliciously fun ways bananas can be used as educational tools! From banana science, trivia and language, to tactile math ideas and easy recipes. With Bobby Banana as their guide, your at-home scholar will grow into a banana expert in no time!



## SUNDAY

### Did You Know DIY: Gardening with Bananas

Bananas aren't just great for humans—they are superstars at helping gardens grow! This is because bananas contain essential nutrients such as potassium, phosphorus, magnesium and iron. Both humans and plants need and use as food—and the peels do, too. By adding chopped banana peels to your soil when planting a garden, you're creating the perfect organic plant food that those future fruits and vegetables will love!

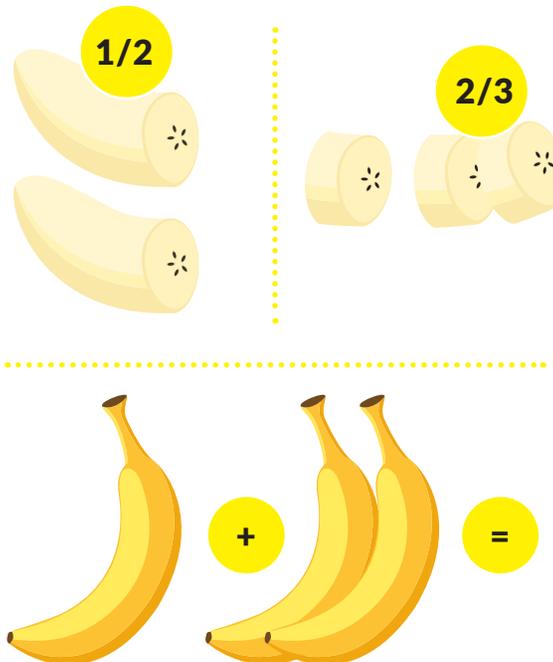
You can get instructions for DIY Banana Fertilizer and take your garden to the next level with our DIY Dole Garden Markers available [dole.com/at-home-resources#activities](https://dole.com/at-home-resources#activities).



## MONDAY

### Banana Math Lesson

When kids need help visualizing a math problem, reach for a bunch of bananas! Use them to act out a math problem, cut them up for a fun (and tasty) way to visualize fractions, or take them to the store to learn how to calculate the price and weight of bananas.



## TUESDAY

### Banana History Trivia

- True or False: Bananas have always been in America.
- Bananas were introduced in America in 1876 during the Centennial Celebration of the signing of the Declaration of Independence. Which Pennsylvania city held the celebration?
  - Philadelphia
  - Pittsburgh
  - Gettysburg
- What was the price of bananas at the Centennial Celebration?
  - Two dollars
  - 10 cents
  - 50 cents
- How were bananas packaged for sale at the Centennial Celebration?
  - Individual plastic containers
  - Tied together with satin ribbon
  - Wrapped in aluminum foil
- True or False: People used to eat bananas with a knife and fork.

1. False; 2. A - Philadelphia; 3. B - 10 cents; 4. C - Wrapped in aluminum foil; 5. True

ANSWER KEY:



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## WEDNESDAY

### Banana Language Lesson

Try to match the word "banana" in different languages.

Create flashcards or draw lines to show each match.

Plátano

Swedish

Banane

English

Banana

Spanish

Banan

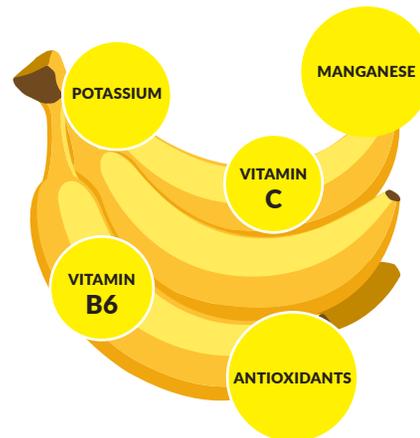
French

ANSWER KEY:  
1. Spanish; 2. French; 3. English;  
4. Swedish

## THURSDAY

### Gym Class/Recess: Bananas for Exercise Recovery

Bananas are nature's original energy bar! When you exercise for a long time, your body's fuel tank runs low. The carbohydrates in bananas can help refuel that tank while also providing us with potassium, vitamins C and B6, manganese and plenty of antioxidant compounds. So, the next time you're out riding a bike or playing tag, be sure to snack on a banana after exercising to help refuel your body quick.



For more info on how bananas help you refuel, go to [www.dole.com/Articles/Refuel-with-bananas](http://www.dole.com/Articles/Refuel-with-bananas).

## FRIDAY

### Science Lesson: Banana Ripening Experiment



Help kids with constructing hypotheses, learn about variables that impact an experiment, and keep notes while running their own banana science experiment from home! Have them store unripe bananas in different types of bags and containers, under different lighting, and in different temperatures as they monitor how they ripen over a week. They'll be excited to see if their predictions come true!

## SATURDAY

### Cooking Lesson: Bananas as a Baking Substitute

Watching dairy, fat or sugar intake for the family? Or maybe you're just out of eggs and need a quick alternative? Mashed bananas can act as a substitute for eggs in some baking recipes, and their natural sweetness can replace the need for any added sugar! Plus, you'll get a boost of fiber, vitamins C and B6, as well as potassium. According to HuffPost, one egg is equivalent to  $\frac{1}{4}$  cup of banana puree. Test out this baking substitution in your own kitchen with our easy Banana Drop Cookies recipe [www.dole.com/recipes/t/3-Ingredient-Banana-Drop-Cookies](http://www.dole.com/recipes/t/3-Ingredient-Banana-Drop-Cookies).



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