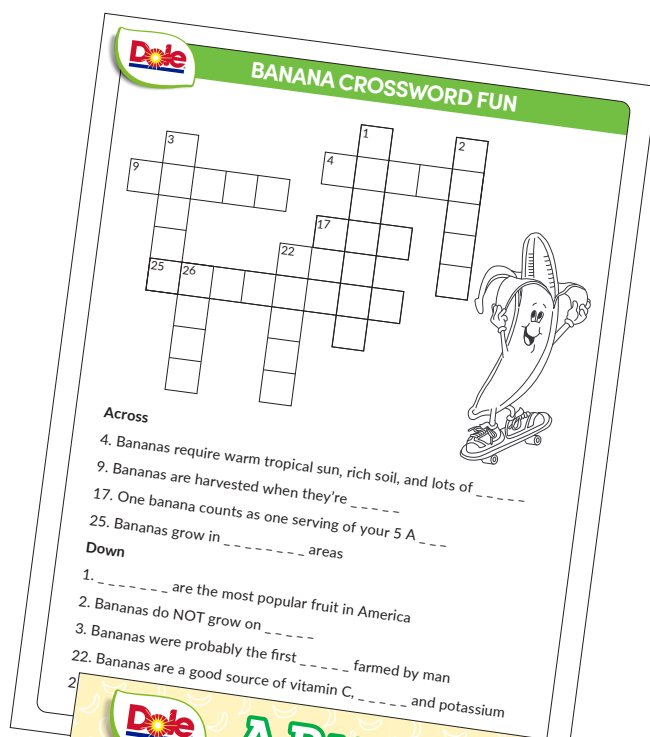
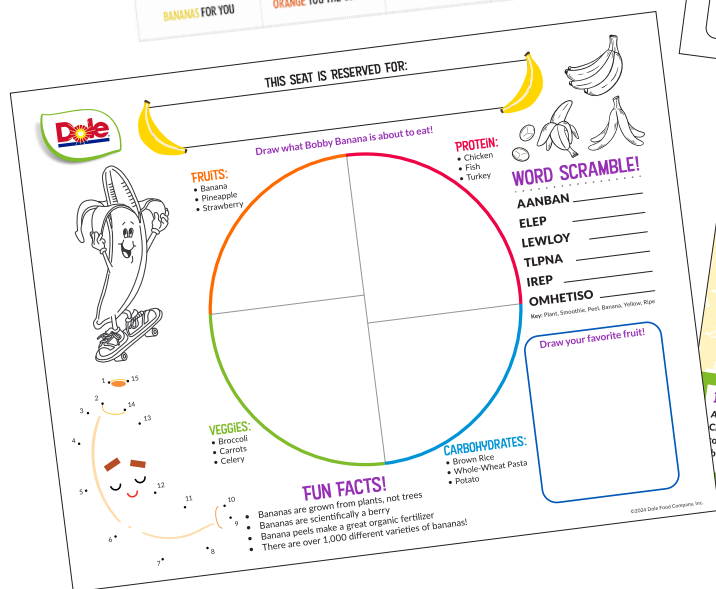




# "BE BANANAS" ACTIVITY BOOK

Bananas, bananas, everywhere! We're Dole-ing out banana fun like never before with our "Be Bananas" Activity Book. From coloring, mazes, and crosswords to cut-out activities, games, DIY creations, a banana party kit and more! You'll BE Bananas by the time you finish all the fun we've packed in this printable ode to our most iconic fruit. Enjoy!



@Dole



@DolePics



@DoleTweets



@DolePins

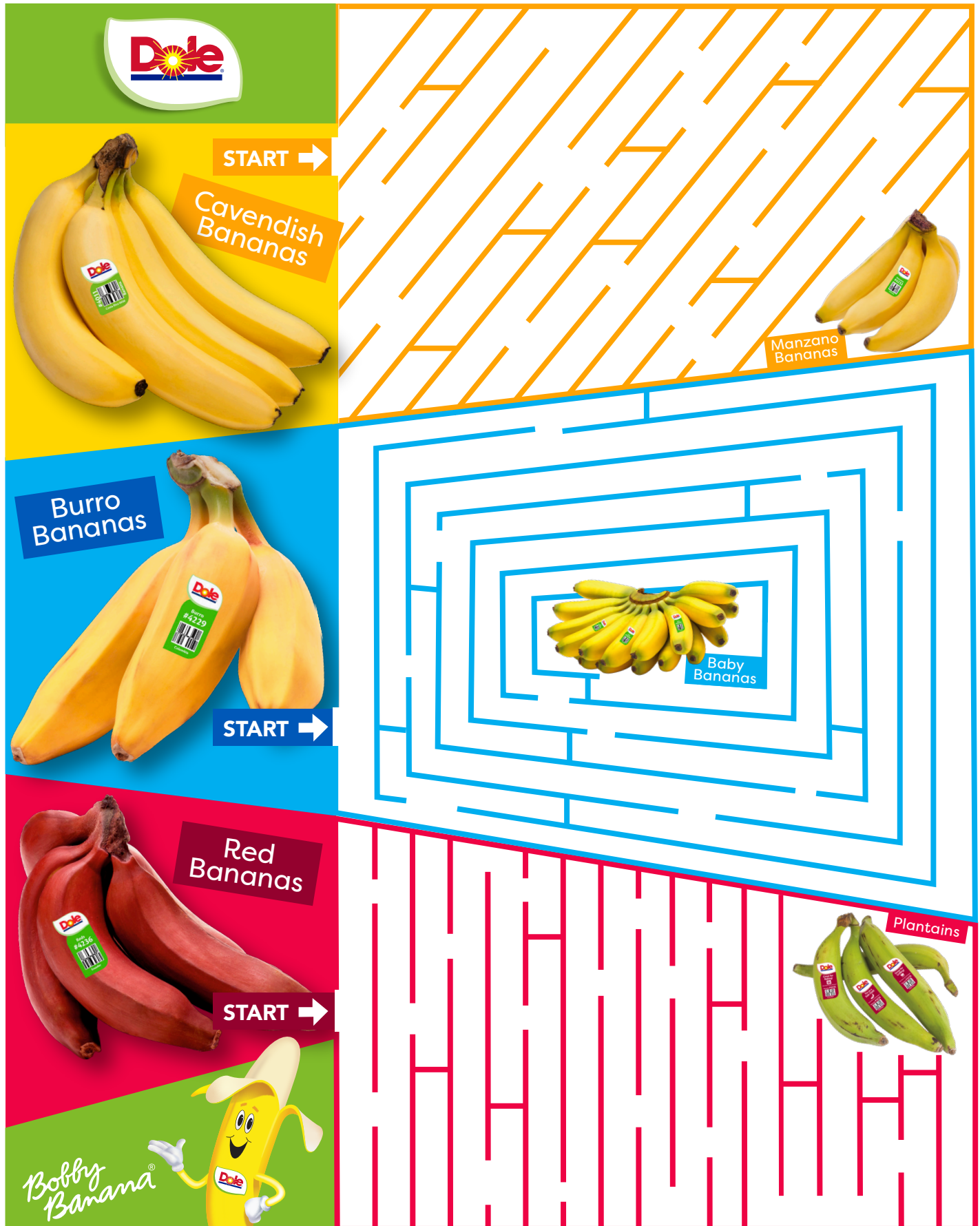


@DoleTok



# BANANA BUDDY MAZE

Help each banana find its way to its banana buddy!







# BENTO BANTER JOKES & NOTES

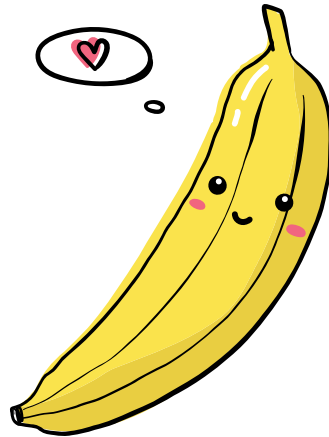
Cut & place note into a lunchbox or other fun hiding place for a loved one to find later. Use blank notes to create your own!

What do bananas say when they answer the phone?



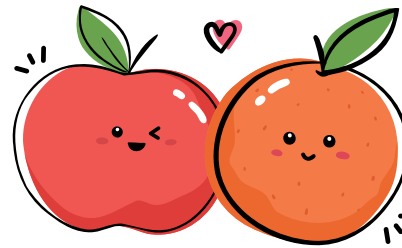
Yellow?

Why did the banana go to the doctor?



Because it wasn't peeling well!

Why were the apple and the orange all alone?

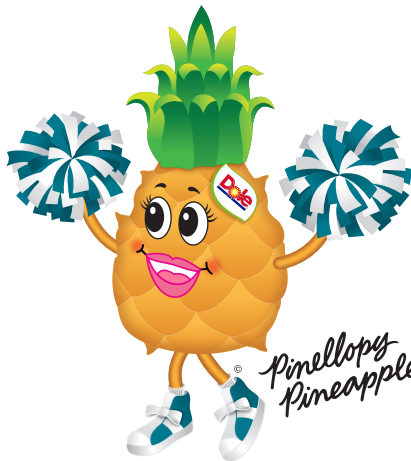


Because the banana split!



**DID YOU KNOW?**

A lemon will float in water, but a lime will sink!



**DID YOU KNOW?**

A pineapple is not a pine or an apple. It's actually a berry!



**DID YOU KNOW?**

Bananas and humans share about half of the same DNA, which means humans are 50% identical to bananas!





THIS SEAT IS RESERVED FOR:



Draw what Bobby Banana is about to eat!

**FRUITS:**

- Banana
- Pineapple
- Strawberry

**PROTEIN:**

- Chicken
- Fish
- Turkey

**WORD SCRAMBLE!**

AANBAN \_\_\_\_\_

ELEP \_\_\_\_\_

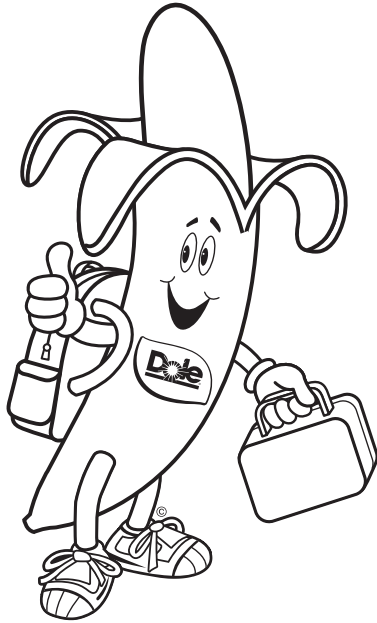
LEWLOY \_\_\_\_\_

TLPNA \_\_\_\_\_

IREP \_\_\_\_\_

OMHETISO \_\_\_\_\_

Key: Plant, Smoothie, Peel, Banana, Yellow, Ripe



**VEGGIES:**

- Broccoli
- Carrots
- Celery

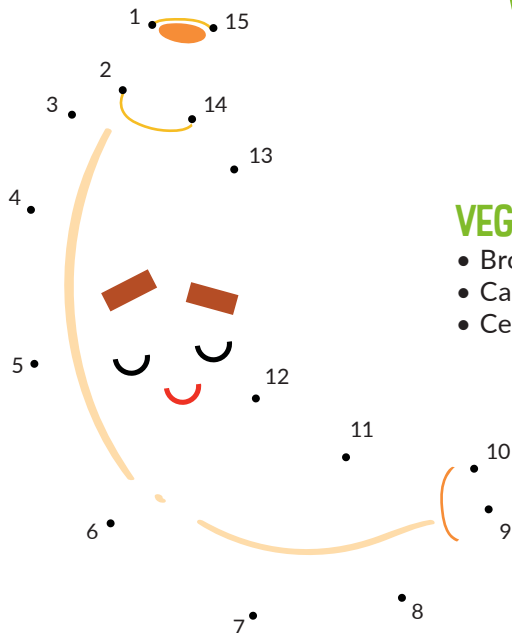
**CARBOHYDRATES:**

- Brown Rice
- Whole-Wheat Pasta
- Potato

**FUN FACTS!**

- Bananas are grown from plants, not trees
- Bananas are scientifically a berry
- Banana peels make a great organic fertilizer
- There are over 1,000 different varieties of bananas!

Draw your favorite fruit!





# LUNCHBOX AFFIRMATION NOTES

Cut & place note into a lunchbox or other fun hiding place for a loved one to find later. Use blank notes to create your own!



BANANAS FOR YOU



YOU'RE A-PEEL-ING JUST  
THE WAY YOU ARE



YOU'RE CUTEST OF  
THE BUNCH



YOU'RE THE TOP BANANA



KEEP SMILING AND  
GO BANANAS

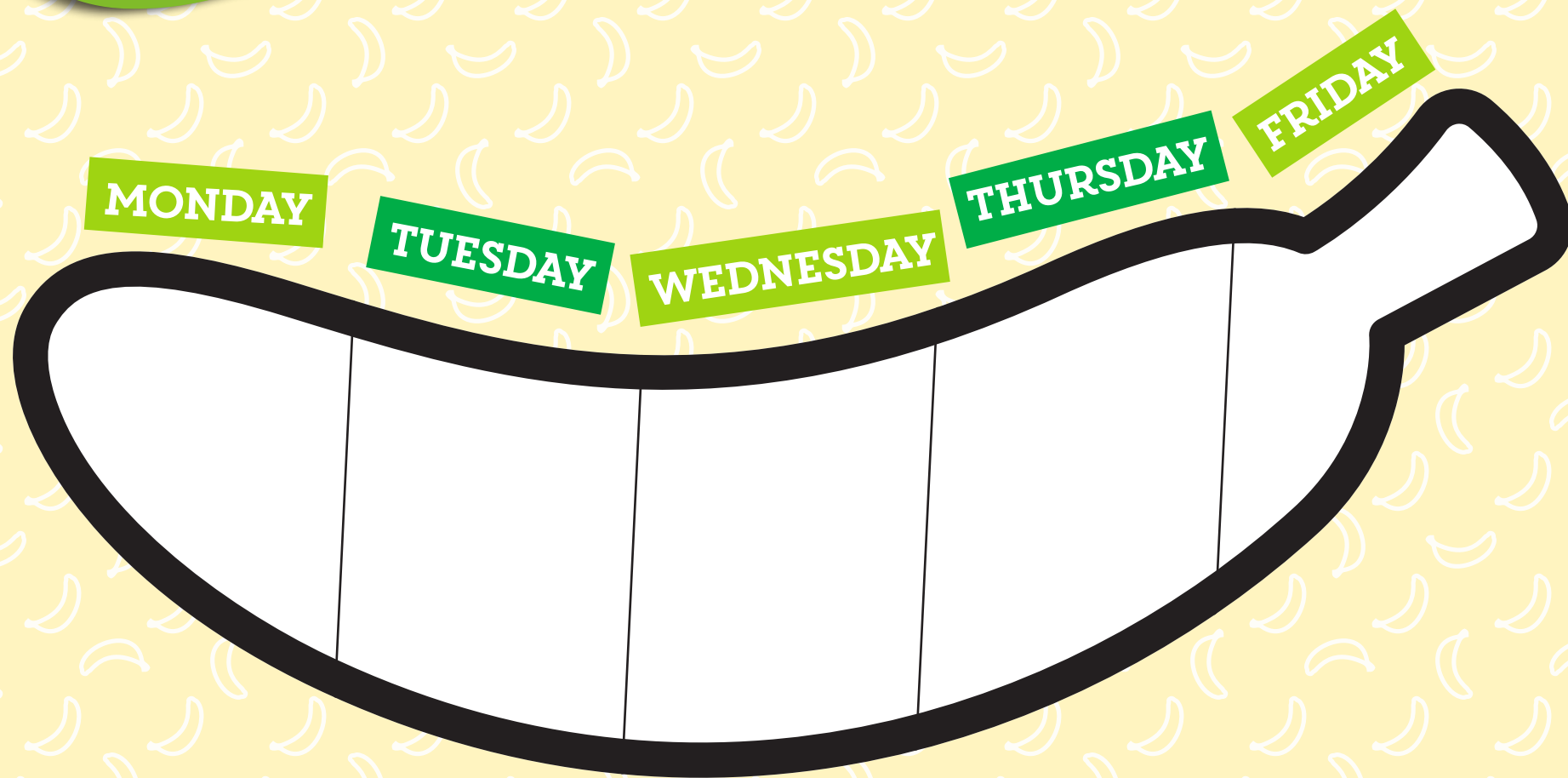


STAY POSITIVE & PEEL  
AWAY ANY DOUBTS





# A BANANA A DAY



## INSTRUCTIONS:

A banana a day keeps the hungries away! Challenge yourself to eat a banana a day, and color in the empty spaces in the banana chart above for each day of the week you succeed.

## FUN FACTS!

- Bananas grow on plants, not trees!
- Banana peels make a great organic fertilizer
- The largest banana ever recorded was over 3 feet long!

FIND MORE FRUIT & VEGGIE  
FUN AT [DOLE.COM](https://www.dole.com)!

*Don't forget to share your chart  
progress with us on social media!*



@Dole



@DoleTweets



@DolePins



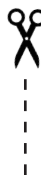
@DolePics



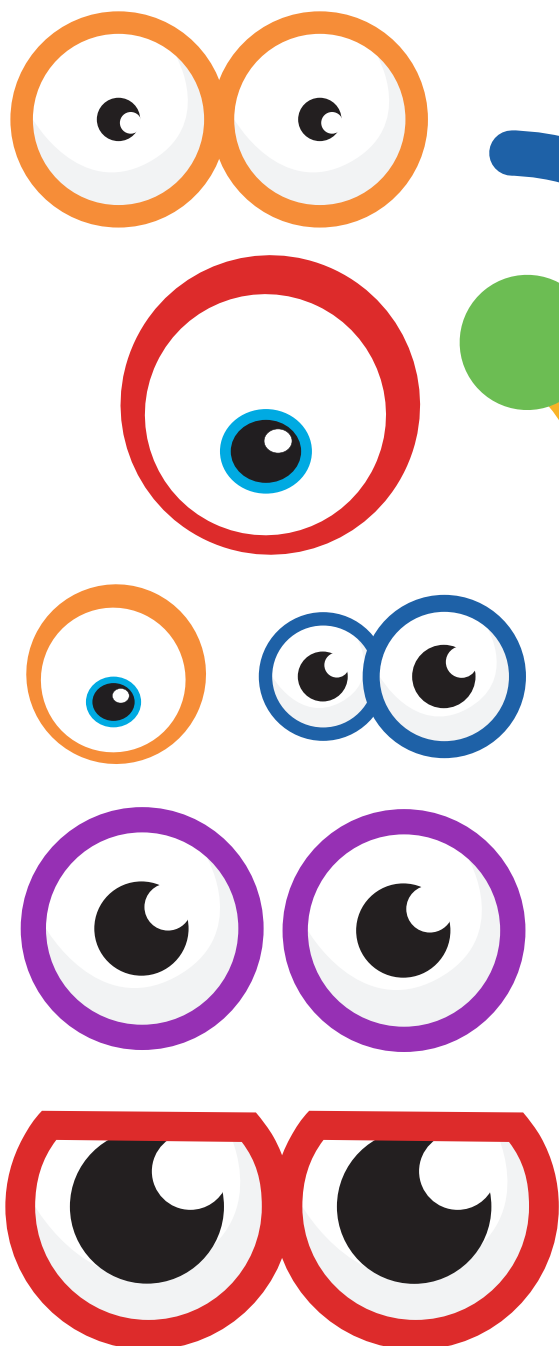


# BANANA MONSTERS

The best way to overcome scary fruits? By eating them! Have fun cutting out each monster part, then get creative (peanut butter?) by sticking the silly parts to a banana, then eat them up! Just don't forget to remove the faces first. Who says you can't play with your food?



## EYES



## HORNS



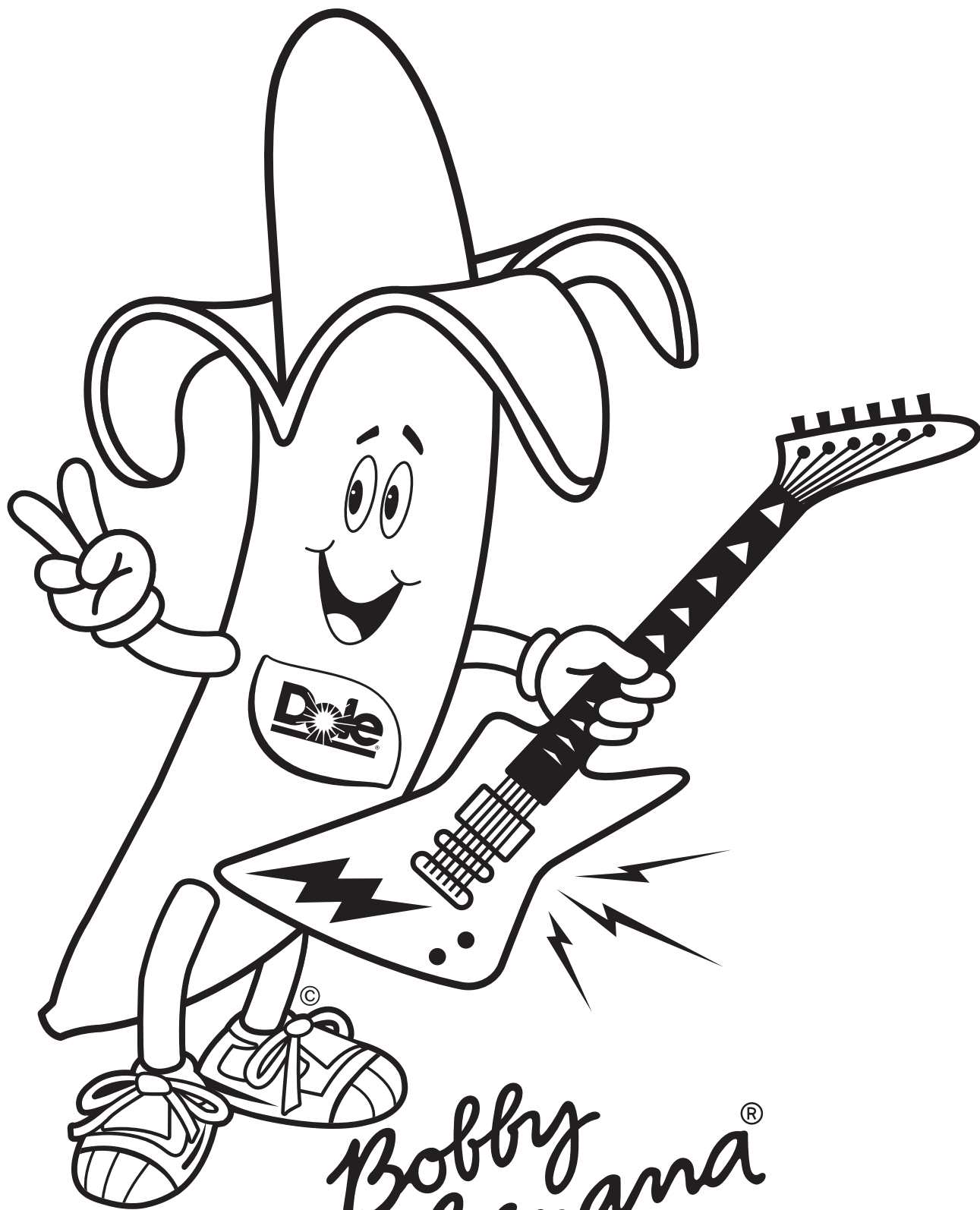
## MOUTHS



► **DID YOU KNOW?** The study of fruits is called Pomology.



# BOBBY BANANA



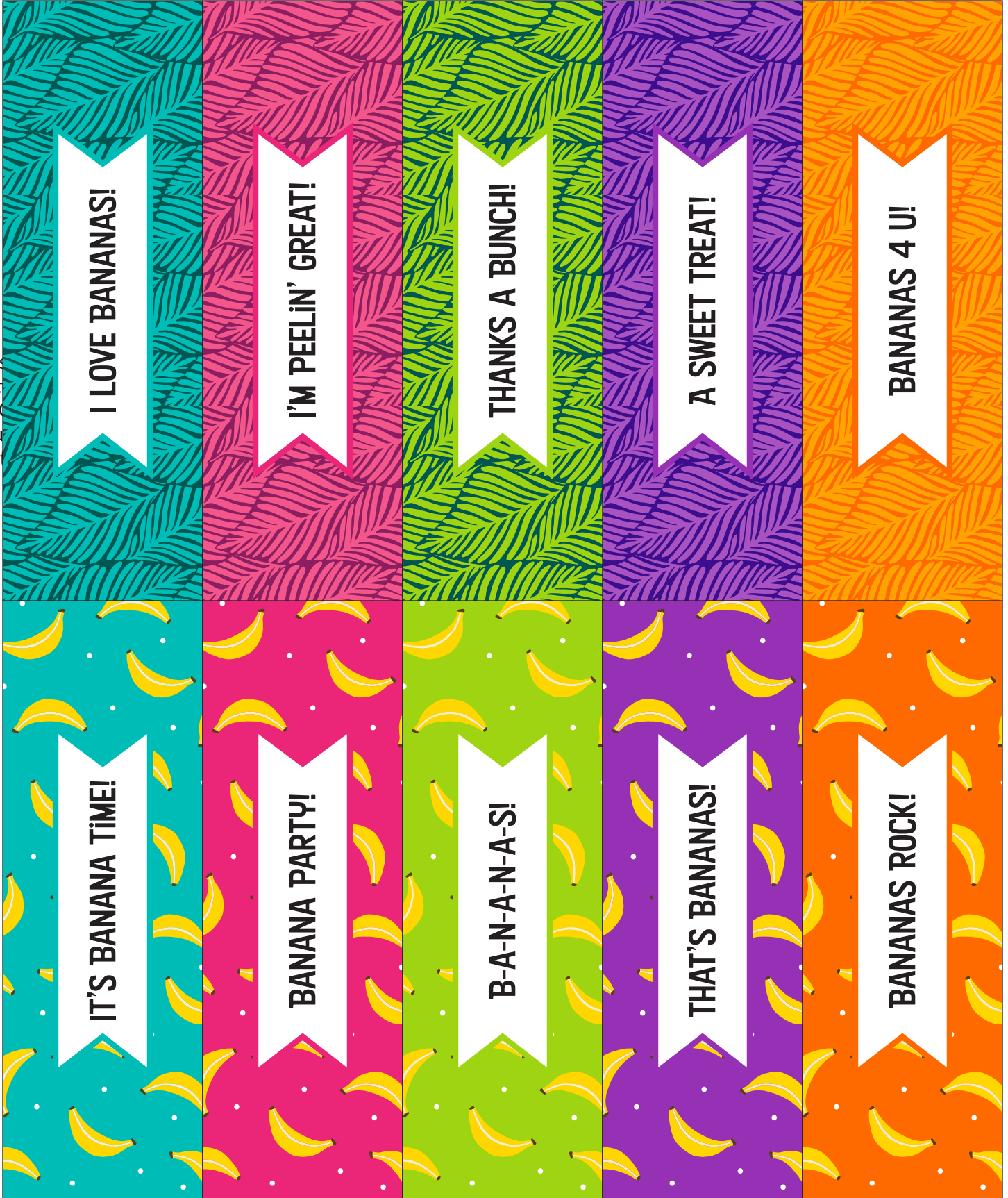
Bobby  
Banana®



# BANANA WRAPPERS

Cut out each Banana Wrapper and wrap them around bananas!

The best  
fun cut  
home. C  
have fu  
play wi





# ROYAL BANANA TEA PARTY MENU

Put on your chef's hat and create a menu fit for a royal banana tea party!

## Starters

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## Main Course

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## Second Course

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## Dessert

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## Drinks

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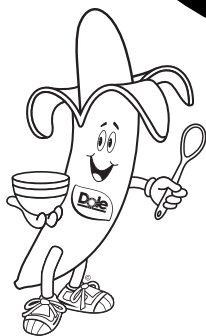




# DOLE CHEF'S HAT

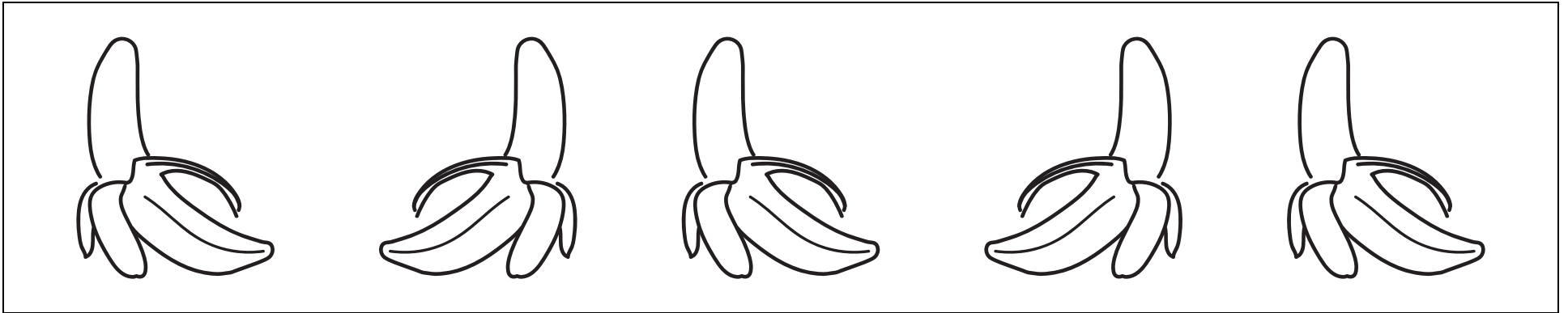
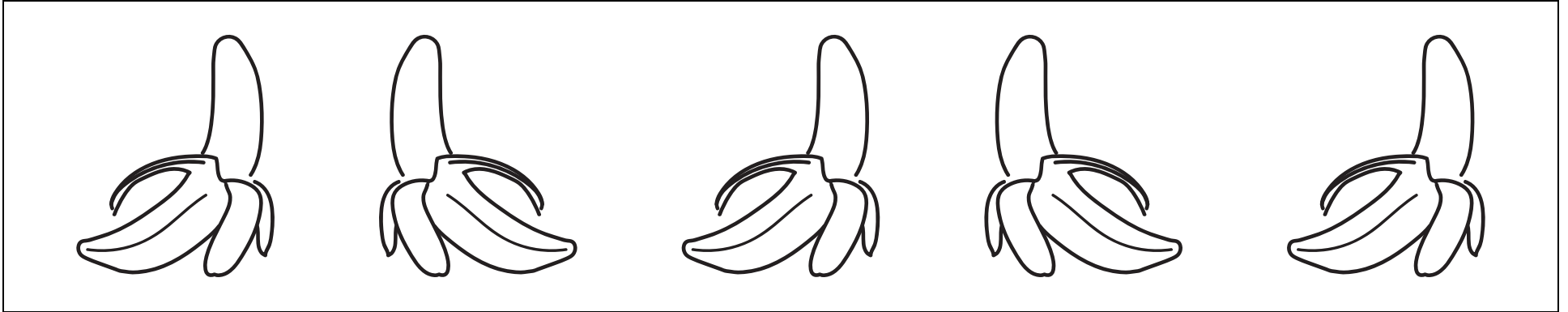


**CHEF**



Write your name in the space on the Dole Chef's Hat!

# DOLE CHEF'S HAT SIZING STRAPS



1. Print out the Dole Chef's Hat
2. Color and decorate as desired
3. Cut out the Dole Chef's Hat and sizing straps
4. Tape or staple the sizing strap to the chef's hat and fit to your child's head
5. If needed, add the provided extra sizing strap for fitting





# I SPY Dole Fruit



@Dole

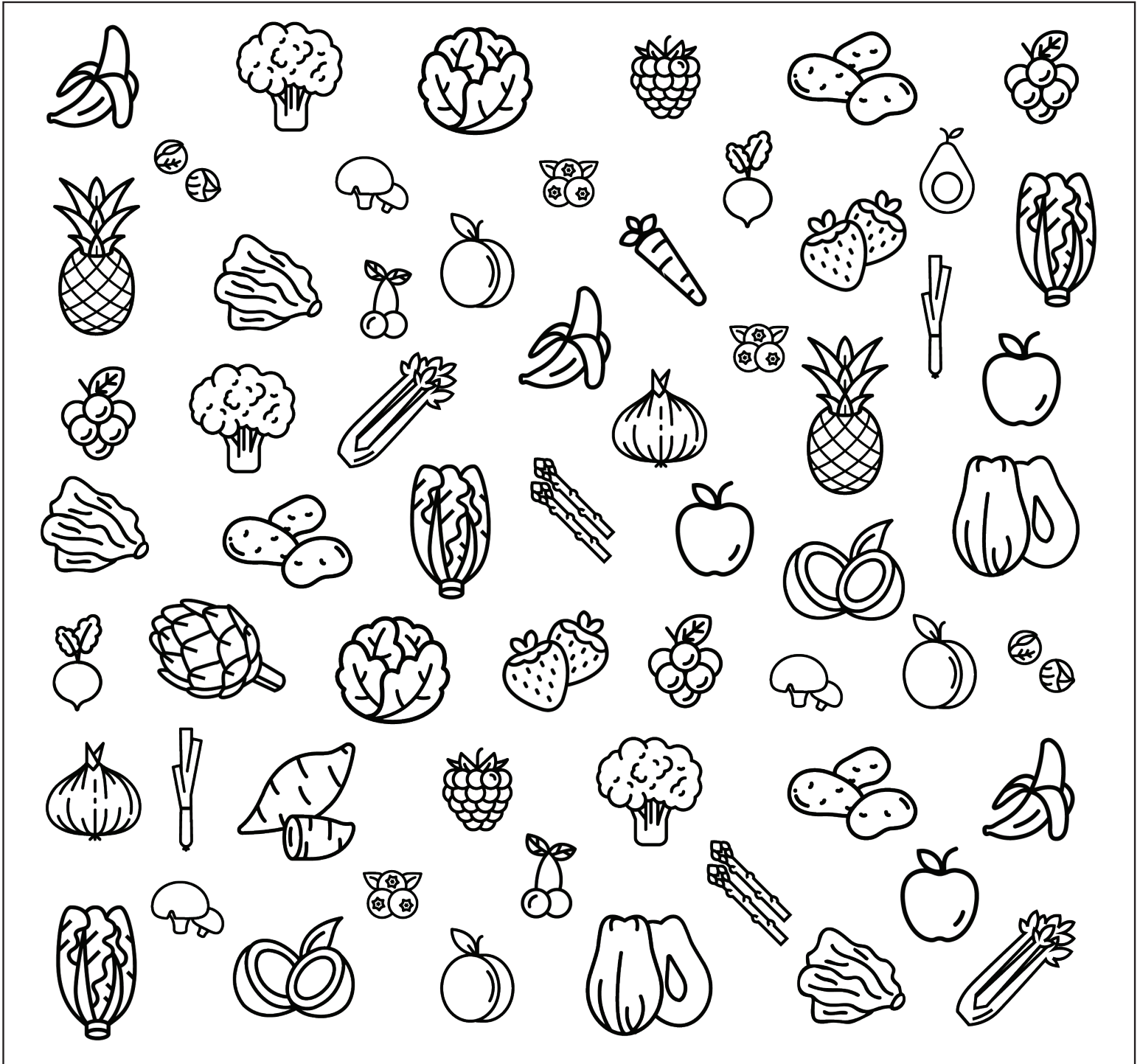


@DolePics



@DoleTweets

Find the Dole fruits hidden in the image below. Write how many you spy next to each picture in the key below. Have fun, and be creative! Share your creations and tag us on social media.



Answer Key: 2 strawberries, 2 bananas, 2 coconuts, 2 cherries, 3 grapes, 3 pineapples, 3 blueberries, 3 apples, 2 raspberries



# BANANA PEEL-N-MATCH

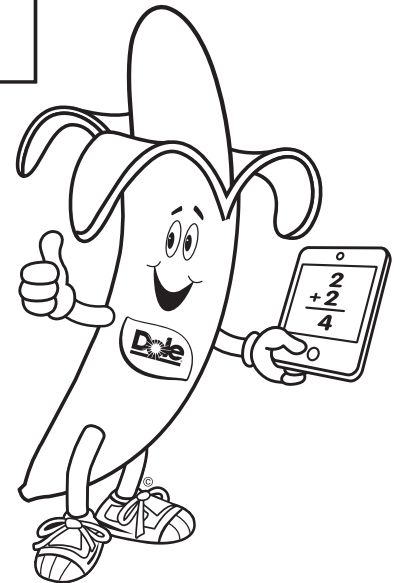
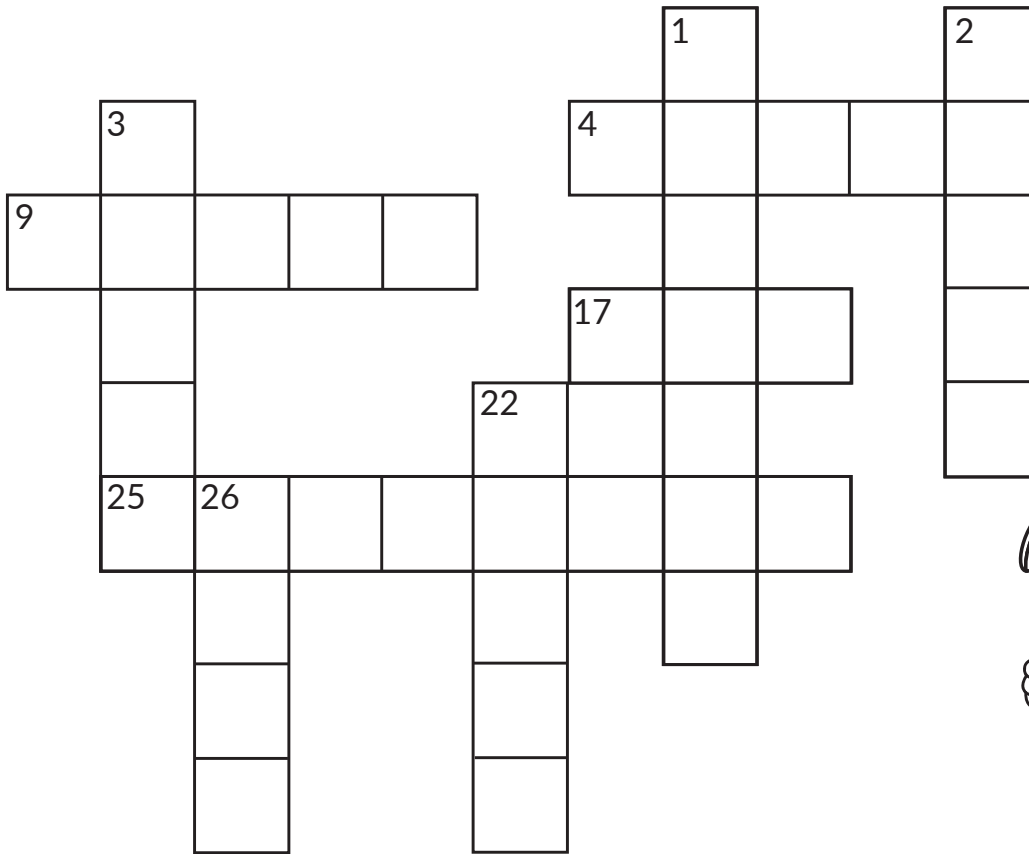
Improve your memory and have fun learning about some exotic bananas! These unique varieties may look scary at first, but they're actually quite delicious. Cut out each square and put them face down to start the game. Take turns flipping each square, matching the whole fruit with its sliced-up version. Most matched pairs wins!







# BANANA CROSSWORD FUN



## Across

4. Bananas require warm tropical sun, rich soil, and lots of \_ \_ \_ \_ \_
9. Bananas are harvested when they're \_ \_ \_ \_ \_
17. One banana counts as one serving of your 5 A \_ \_ \_
25. Bananas grow in \_ \_ \_ \_ \_ \_ \_ areas

## Down

1. \_ \_ \_ \_ \_ \_ are the most popular fruit in America
2. Bananas do NOT grow on \_ \_ \_ \_ \_
3. Bananas were probably the first \_ \_ \_ \_ \_ farmed by man
22. Bananas are a good source of vitamin C, \_ \_ \_ \_ \_ and potassium
26. Store bananas at \_ \_ \_ \_ temperature



# BANANA CROSSWORD FUN ANSWER KEY

## Across

**4. WATER**

**9. GREEN**

**17. DAY**

**25. TROPICAL**

## Down

**1. BANANAS**

**2. TREES**

**3. FRUIT**

**22. FIBER**

**26. ROOM**



## BANANA CAFÉ & BISTRO

Put on your chef's hat and create a menu fit for a café! Write the name of your café in the space above.

### APPETIZERS

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### SIDE DISHES

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### MAIN DISHES

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### DESSERT

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### DRINKS

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# 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!

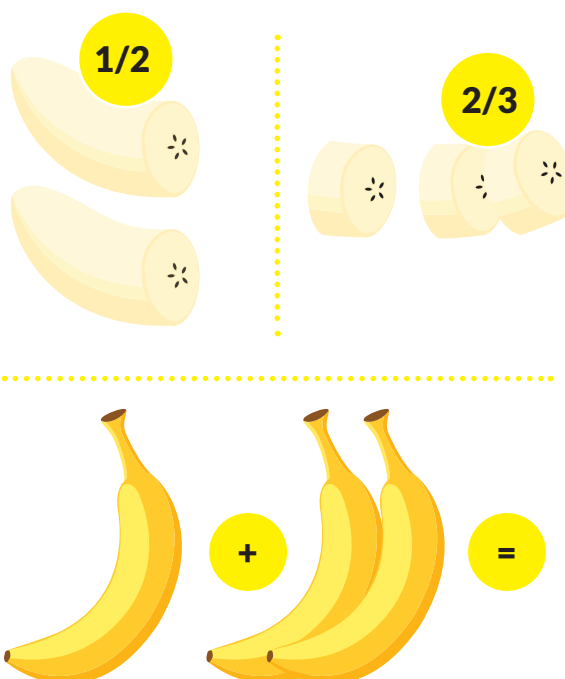
You can get instructions for DIY Banana Fertilizer and take your garden to the next level with our DIY Dole Garden Markers available [dole.com/at-home-resources#activities](https://dole.com/at-home-resources#activities).



## 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

1. True or False: Bananas have always been in America.
2. 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?  
A. Philadelphia  
B. Pittsburgh  
C. Gettysburg
3. What was the price of bananas at the Centennial Celebration?  
A. Two dollars  
B. 10 cents  
C. 50 cents
4. How were bananas packaged for sale at the Centennial Celebration?  
A. Individual plastic containers  
B. Tied together with satin ribbon  
C. Wrapped in aluminum foil
5. 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

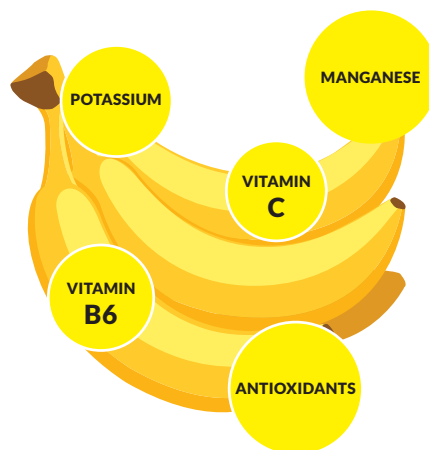


ANSWER KEY:  
1. Spanish; 2. French; 3. English;  
4. Swedish

## 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)





# BANANA PARTY KIT

Get ready to host the biggest banana party EVER with our “Be Bananas” Party Kit! We’ve got every inch of your banana-scape covered. From invites to thank you cards, party hats to banners, table tents to straw flags, and water bottle labels. Simply download, select the elements you wish to print and VIOLA! You’ll be “peeling” great and having a blast with all things bananas! Scan the QR code below to download!

