



**Bananas**



A: Bananas!

B: What?

A: Bananas!

C: Do you know where do  
we grow bananas?

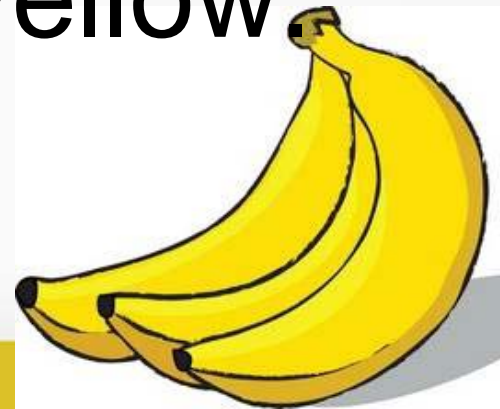


A & B: Er...

C: Banana is a tropical plant. It comes from Indonesia. Today, they are grown in more than 100 countries, including China and Thailand.



A: Oh. I just know that bananas are first green, then they turn yellow. We can't eat them until they are yellow



**B: Bananas are not just yellow!**

There are different colours of sweet bananas. They can be green, yellow, red, purple, or even brown.



C: Yes, yes, both of you are right. We don't usually eat bananas when they are green, but people pick green bananas and sell them. It is because green bananas are harder and they will less likely be damaged during delivery.

B: No wonder the bananas in the supermarket are always green. My mother puts them into the rice storage box so that they can be ripen faster. However, they always get ripe faster than we want them to.



A: Oh, right! I just read an article and it says we can put them in the refrigerator to stop them from getting ripe easily. But, if we put them in the refrigerator, they turn black easy. They look ugly!





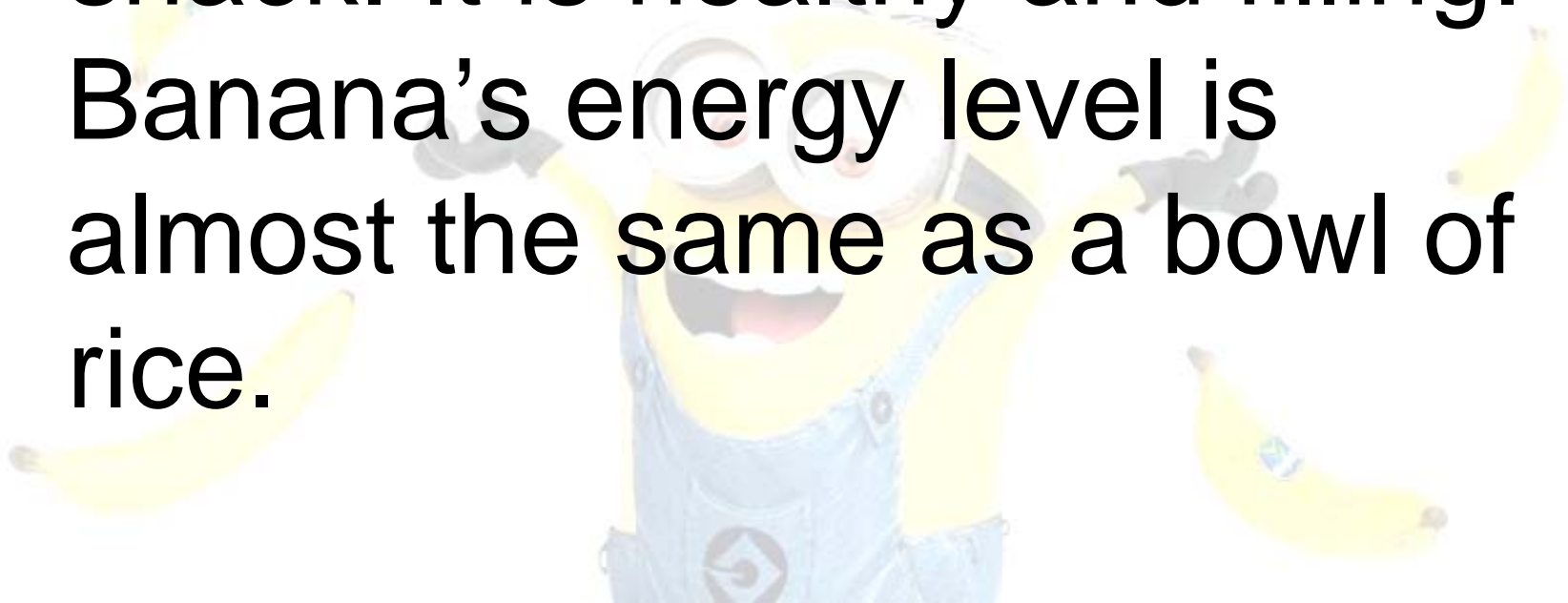
C: Don't judge them by their appearance! Many of us think yellow, spotless bananas are the best, but in fact, the ones with black spots are the sweetest and ripest bananas.



Bananas aren't bad when they  
turn black! We shouldn't judge  
anything or anyone by the  
appearance alone!



B: Okay, okay. So let me go get you some bananas for snack. Banana is a great snack. It is healthy and filling. Banana's energy level is almost the same as a bowl of rice.



It's a good fruit to replace our  
junk. We should always  
remember to eat 2 fruits a day!

