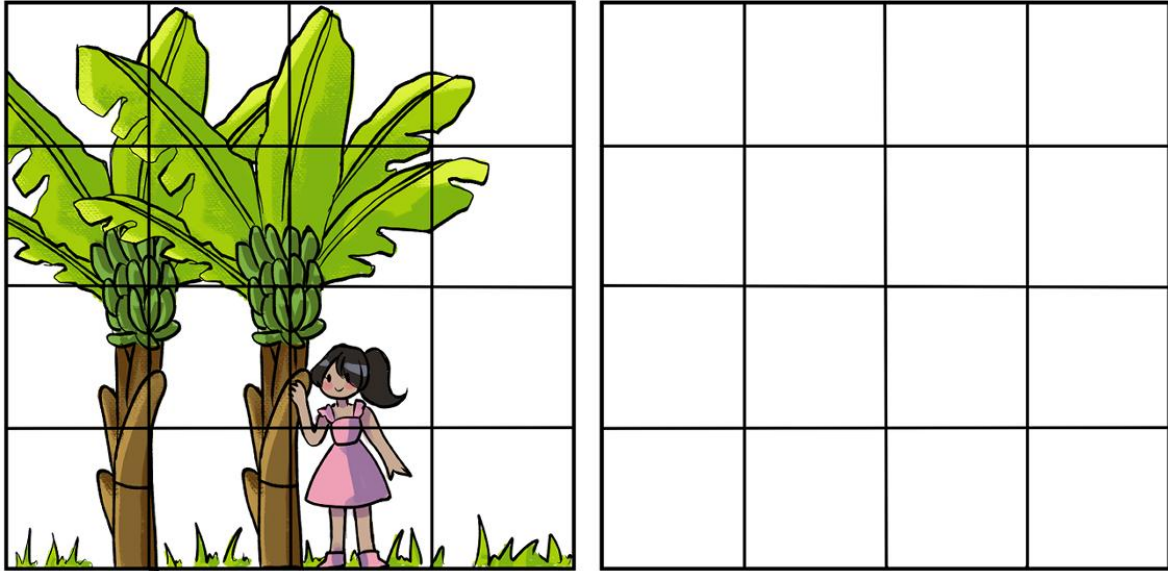


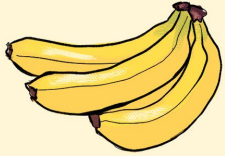
# COPY THE PICTURE



## What is the importance of the plantain?

Bananas are grown in all tropical regions and are of fundamental importance to the economies of many developing countries. As a staple food, bananas including other plantain varieties contribute to the food security of millions of people in much of the developing world and, as they are traded in local markets, provide income and employment for rural populations.

# WORDSEARCH



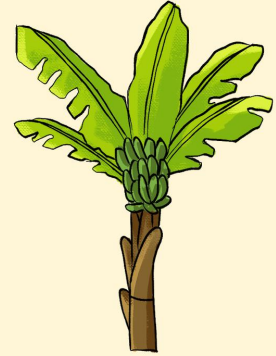
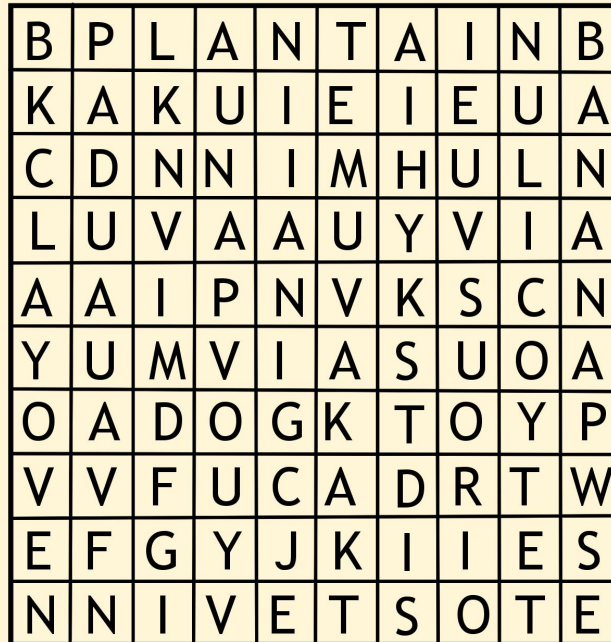
Banana



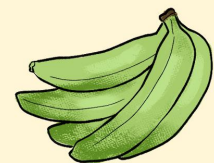
Dog



Clay Oven



Banana Tree



Plantain

## What are the benefits of plantain?

As the saying goes: "Gold seems ..." And it seems so both on the outside and on the inside, because the nutritional benefits of banana are quite a lot.

Its nutritional components are:

- Potassium
- Magnesium
- Folic acid
- Fiber and Astringent Substances

The sum of all the nutritional properties of the banana make it an ideal fruit for almost everyone thanks to its health benefit. Things you should know about the banana:

-The banana is a fruit that can be found in the market all year round.

Many of them have health benefits:

- they moderate blood sugar levels after meals
- reduce appetite, and contain a lot of fiber

Ripe bananas are easier to digest than green bananas.