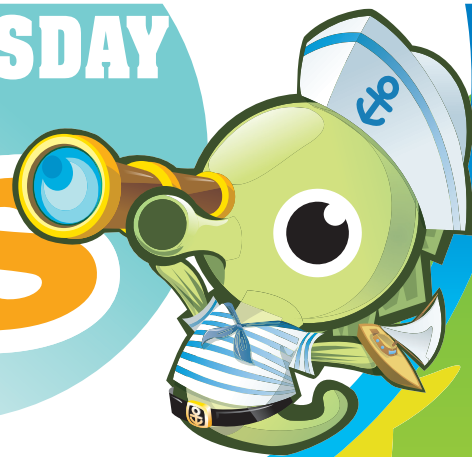


May
2018

23

WEDNESDAY

Goodies



bananas

It can be eaten green and raw, but mostly eaten yellow, spotted and ripe. It is delicious, convenient and nutritious! Why not peel and eat a banana to enjoy its health benefits!

Bananas
are tasty
and good for
health!



Editor's Note

Hi! All of you are afraid of something. That is only natural. When I was young, I was afraid of bees because I saw an advert on television for a film called *Killer Bees*. I would run away when that advert would come on. Many kids are afraid of the dark. Fear is actually caused by a chemical in your body to give you energy to either fight or run away. By knowing this, you will understand that fear is a just a feeling and you imagine bad things that probably won't happen. Turn to P10 to read Rose's advice about not being afraid of the dark.



Simon

Here's to health!

BANANAS contain a large amount of many **vitamins** and **minerals** as well as **fibre**, and almost no fat. That explains why bananas are a perfect food to enhance our health and protect us from various diseases. Here are only some of the many health benefits it offers us.

Heart

Bananas are famous for containing a large amount of potassium (鉀), which is very good for our heart. In general, it protects our **cardiovascular** system and against high blood pressure.

Mood

If you are sometimes depressed, bananas may help you. This fruit contains a high level of the **amino acid** called tryptophan (色胺酸), which can lift our mood and make us happier. Tryptophan, together with vitamin B6 and magnesium in bananas, helps us relax and sleep better.

Vision

We often think of carrots when we want to have better vision – which is true. But bananas are not bad either, and can help protect our eyesight.

Blood sugar

Bananas contain a kind of **starch** that helps maintain our normal blood sugar level, which in turn helps us prevent diabetes (糖尿病).

Bowels

Bananas contain a lot of fibre, which helps us empty our bowels regularly.

Exercise

Compared to sports drinks, bananas are a more natural and often better way to supply us with the needed energy and minerals, both during and after exercise.



Harmful side-effects?

DO bananas have any harmful side-effects? Well, they contain a lot of sugar, so we should not eat too many at one time. But one or two bananas a day is OK for most people. Perhaps the biggest risk of bananas is slipping on their skins!

What colours?

FOR the usual type of bananas we buy in shops, their colours can be green, yellow, spotted or brown, depending on how raw or ripe they are. Basically, the rawer bananas have more starch and less simple sugar, which make it more like rice. The riper bananas, though, have more simple sugar and less starch!