



# FAIRTRADE

# ACTIVITY PACK



co  
op

It's what we do



# THE BIG BANANA QUIZ



Bananas are a superfruit. That means they're tasty and full of useful vitamins that your body loves. Let's see how much you know about bananas by playing a game of true or false. If you don't know the answer, just take a lucky guess! Are you ready?



1

Bananas sink in water - true or false?

.....

2

Bananas can be yellow and green - true or false?

.....

3

Bananas contain lots of vitamins - true or false?

.....

4

Some types of bananas are called plantains - true or false?

.....

5

Bananas grow underground - true or false?

.....

6

Bananas love the cold - true or false?

.....

Did you know....

A banana is actually a type of berry!



MY SCORE:

# FAIRTRADE COLOURING



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Colouring is lots of fun, and you can do it almost anywhere you like. Get creative and add some of your favourite colours to this picture. You could add some beautiful birds or animals too. See where your imagination takes you. Enjoy!

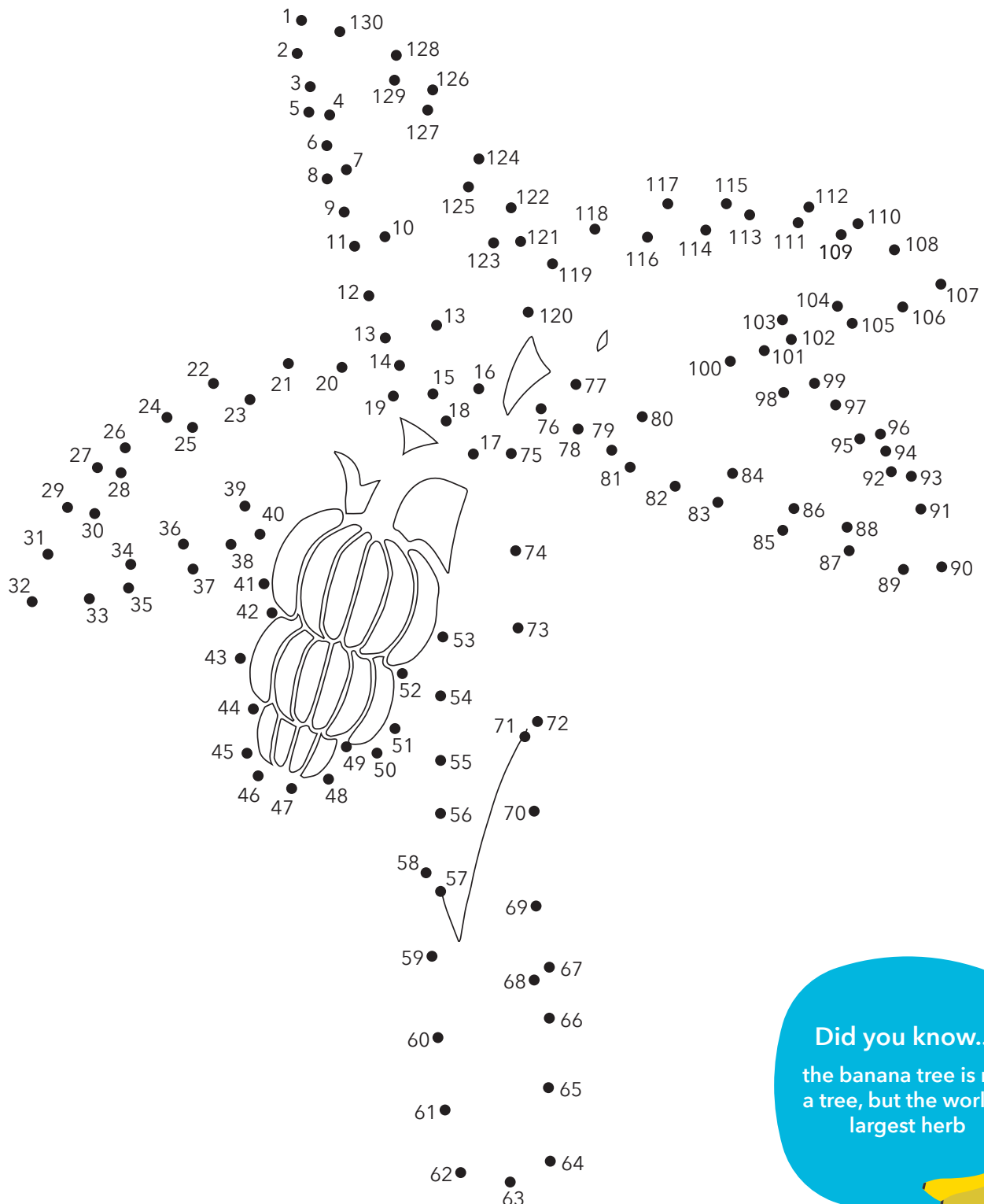


# DOT TO DOT



It's what we do

What happens when you put a puzzle and a colouring together? You get join the dots! Create an outline for your drawing by joining the dots together in the right place. After you have joined your dots together, add some colour to make an amazing drawing. Have fun!



Did you know....

the banana tree is not a tree, but the world's largest herb



# BANANA BREAD RECIPE

Make your own soft and tasty banana bread at home with this quick and easy recipe.



Serves:  
8



Prep Time:  
30m



Cook Time:  
1hr 30m



## INGREDIENTS

115g Butter	75g Dark brown sugar
1tsp Bicarbonate of soda	2 Eggs
225g Self raising flour	3 Very ripe bananas
	30ml Milk

## METHOD

- 1 Preheat oven to 160C and grease and line a 900g loaf tin
- 2 In a large bowl cream the butter and sugar until it is fluffy
- 3 Add the eggs and mix well
- 4 Sift in the bicarb and flour, mix thoroughly
- 5 Peel and mash the bananas in a bowl
- 6 Add the milk and continue to mash
- 7 Mix the bananas into the cake batter till the batter is soft, smooth and glossy
- 8 Pour the mix into your lined tin and bake in the oven for 1hr - 1hr 30 or till cooked through

## ANSWERS

1. Bananas sink in water - **False**
2. Bananas can be yellow and green - **True**
3. Bananas contain lots of vitamins - **True**
4. Some types of bananas are called plantains - **True**
5. Bananas grow underground - **False**
6. Bananas love the cold - **False**