

snack-sack fact

## Snack Fact in a Sack

Bananas supply your body with potassium.

Potassium helps keep muscle cramps away.

Run with ease at recess.

Run and play with confidence.



carol goodrow

## Banana Snack

1. Peel banana. Then slice banana in half lengthwise.

2. Put 5 chocolate chips on one of the halves.

3. Put the banana back together and cut in half crosswise.

Wrap in foil and pack for a snack.

