

CITRUS SUPER POWERS

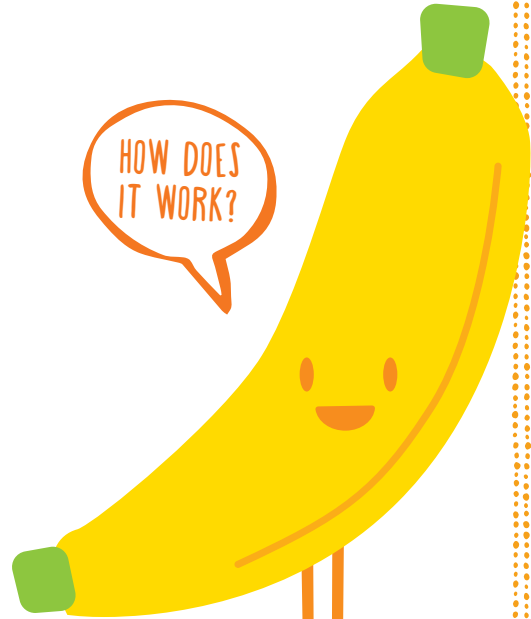
What happens when bananas meet lemons? Let's experiment to find out!

YOU'LL NEED:

- 1 banana, peeled and cut in half
- 1 lemon or any citrus fruit, sliced
- 2 plates

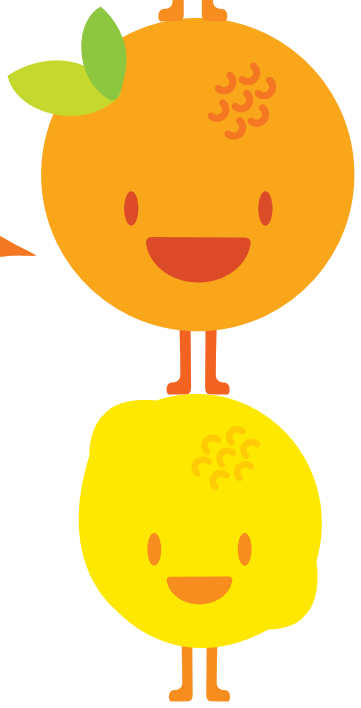
STEPS:

- 1 Place a half of the banana on each plate.
- 2 Squeeze lemon juice over one banana but not the other.
- 3 Guess which banana will turn brown first? Why?
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- 4 Wait an hour or longer to see what happens. What did you find out?



SILLY SOUR FACES
 Have you ever tried biting into a slice of a lemon or lime? Give it a try – it's fun and sure to create lots of laughs! Be sure to snap a silly picture of your taste test and post it on the PowerUp Facebook page.

The lemon has vitamin C that keeps the banana from turning brown. So, the banana without the lemon juice will turn brown first. This also works if you use other citrus fruits like oranges, grapefruits or limes.



SQUISH-SQUASH!



There are hundreds of different types of squash – acorn, zucchini, yellow crookneck, pattypan and more! There's even one that looks like spaghetti noodles! Can you guess what it's called?



Answer: Spaghetti squash