

## Japan makes banana with peel you can eat

1st February, 2018



It almost seems too hard to believe, but there is now a banana that has an edible peel. Most people would never think of eating the peel of a banana. However, banana farmers in Japan have created a

special technique for growing bananas with a peel we can eat. The new banana-growing method is called the "freeze-thaw awakening" technique. Farmers in Okayama, in the west of Japan, keep their banana trees at a freezing cold temperature of -60° Celsius. The farmers then replant the trees in 27°C temperatures. The huge change in temperature makes the tree suddenly grow too quickly for the peel to fully mature. This makes the skin thin, soft and sweet enough to eat.

The new variety of banana is called the "Mongee". Farmers are now selling it in small bunches of 10 bananas. They are not cheap. One Mongee banana costs ¥650 (about six dollars). The farmers have not grown a lot of Mongee bananas, so the price is high. They want to grow more so they can sell them all over the world. This means the price will come down. Bananas are the most popular fruit in Japan. Similar to other countries, Japan imports most of its bananas. About 99% of bananas in Japanese stores are imported. The Mongee could mean Japanese people eat more home-grown bananas. The Mongee banana skin is sweet and contains nutrients such as vitamin B6 and magnesium.

Sources: [qz.com](http://qz.com) / [konbibi.com](http://konbibi.com) / [newsweek.com](http://newsweek.com)

### Writing

The skin or peel is the healthiest part of fruit and we should eat it. Discuss.

### Chat

Talk about these words from the article.

believe / banana / edible / farmers / technique / temperature / tree / Japan / west / variety / cheap / price / world / popular / import / countries / sweet / nutrients

### True / False

- a) A new banana has an inedible peel. T / F
- b) The article said most people would think about eating a banana skin. T / F
- c) Farmers first freeze banana trees at a temperature of -60°C. T / F
- d) Heat makes the banana peel fully mature. T / F
- e) Farmers will only sell one banana at a time. T / F
- f) The price of the bananas will come down when farmers grow more. T / F
- g) Over 98% of bananas in Japan are imported. T / F
- h) The new banana's peel contains vitamin B6. T / F

### Synonym Match

(The words in **bold** are from the news article.)

- |                     |                  |
|---------------------|------------------|
| <b>1. hard</b>      | a. bitterly cold |
| <b>2. created</b>   | b. like          |
| <b>3. technique</b> | c. ripen         |
| <b>4. freezing</b>  | d. made          |
| <b>5. mature</b>    | e. fall          |
| <b>6. cheap</b>     | f. shipped in    |
| <b>7. come down</b> | g. difficult     |
| <b>8. popular</b>   | h. inexpensive   |
| <b>9. imported</b>  | i. method        |
| <b>10. such as</b>  | j. well-liked    |

### Discussion – Student A

- a) What do you think of eating banana skin?
- b) Would you like to try the new banana peel?
- c) Do you eat the peel or skin of other fruit?
- d) How healthy do you think the new banana peel is?
- e) What do you think of the freeze-thaw awakening technique?
- f) What could farmers do to improve other types of fruit?
- g) What do you think of edible pineapple skin and coconut husk?
- h) What is your favourite fruit, and why?

## Phrase Match

- |                                      |                        |
|--------------------------------------|------------------------|
| 1. It almost seems too               | a. for growing bananas |
| 2. a banana that has an              | b. mature              |
| 3. a special technique               | c. are imported        |
| 4. a freezing cold                   | d. edible peel         |
| 5. fully                             | e. will come down      |
| 6. Farmers are now selling it in     | f. such as vitamin B6  |
| 7. they can sell them all            | g. hard to believe     |
| 8. This means the price              | h. over the world      |
| 9. 99% of bananas in Japanese stores | i. small bunches of 10 |
| 10. contains nutrients               | j. temperatur          |

## Discussion – Student B

- What do you think about what you read?
- Is the skin or peel of fruit and vegetables the healthiest part?
- What do you think of the price of the new banana?
- What is the most delicious fruit your country grows?
- What is the best way to eat bananas?
- What new desserts could you make with the Mongee banana peel?
- What nutrients do bananas have?
- What questions would you like to ask the banana farmers?

## Spelling

- a banana that has an eebdli peel
- created a special eunieqhtc
- The new banana-growing dhtemo
- egznirfe cold
- The huge change in rtuematerrep
- too quickly for the peel to fully mrtuae
- The new yvitera of banana
- small usecnbh of 10 bananas
- Bananas are the most rppolau fruit
- bananas in Japanese stores are rtodipem
- The Mongee banana skin is sweet and contains nttiuens
- iiamntv B6

### Answers – Synonym Match

1. g	2. d	3. i	4. a	5. c
6. h	7. e	8. j	9. f	10. b

## Role Play

### Role A – Fried Banana

You think fried banana is the best banana dish. Tell the others three reasons why. Tell them what is wrong with their dishes. Also, tell the others which is the worst of these (and why): frozen banana, banana curry or banana smoothie.

### Role B – Frozen Banana

You think frozen banana is the best banana dish. Tell the others three reasons why. Tell them what is wrong with their dishes. Also, tell the others which is the worst of these (and why): fried banana, banana curry or banana smoothie.

### Role C – Banana Curry

You think banana curry is the best banana dish. Tell the others three reasons why. Tell them what is wrong with their dishes. Also, tell the others which is the worst of these (and why): frozen banana, fried banana or banana smoothie.

### Role D – Banana Smoothie

You think banana smoothie is the best banana dish. Tell the others three reasons why. Tell them what is wrong with their dishes. Also, tell the others which is the worst of these (and why): frozen banana, banana curry or fried banana.

## Speaking – Bananas

Rank these with your partner. Put the best ways to eat bananas at the top. Change partners often and share your rankings.

- |                   |               |
|-------------------|---------------|
| • banana smoothie | • raw         |
| • banana pancake  | • fried       |
| • with ice cream  | • banana cake |
| • banana curry    | • frozen      |

### Answers – True False

a	F	b	F	c	T	d	F	e	F	f	T	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.