

## Progress Monitoring Probe 16

### An Ideal Snack

Suppose you're asked to design the perfect snack food. The food must provide its own packaging, taste sweet and satisfying, give you a quick burst of energy, and be very good for you.	10
Actually, the perfect snack food has already been "invented." It's the banana, possessor of its own packaging: a thick peel that protects the fruit and is easily removed. Not only are bananas delicious, they're good for you. Bananas provide more potassium by weight than all other fruits except avocados. Potassium helps balance fluids in the body and regulate blood pressure and heartbeat. Bananas also contain carbohydrates, which provide quick energy.	20
Bananas ripen best after they've been picked. Some people like the tart taste of barely ripened bananas with spotless yellow skins that have green tips. Others prefer the sweet and creamy taste of fully ripened bananas whose skins are flecked with brown spots.	33
Bananas are available all year and are the most popular fresh fruit in the United States, but they're not grown commercially in this country. They're cultivated in tropical areas such as Central and South America.	42
The banana is actually a type of berry, and a banana tree is a type of herb. Banana "trees," whose "trunks" are tightly wrapped layers of leaves, can grow from fifteen to thirty feet high.	54
When shopping, look for bananas that are plump, firm, and brightly colored. Bananas that aren't completely ripe should be stored at room temperature. You can place them in a paper bag to speed up ripening. To slow ripening, place bananas in the	65
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### An Ideal Snack (Continued)

refrigerator. The skins will turn dark, but the fruit will be fine.	270
Bananas will keep for up to two weeks in the refrigerator.	281
For snacking, you can't beat a banana. Actually, you can beat a banana with a little cold evaporated skim milk to create a tasty topping. You can slice and freeze banana chunks for a great frozen snack, or you can slice a banana on cereal. Any way you slice it, a banana is an ideal snack.	292
	305
	316
	329
	337

Total words: \_\_\_\_\_ – errors: \_\_\_\_\_ = words correct: \_\_\_\_\_

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