

Versatility and Utilities

MUHAMMAD YAACOB  
MOHD HAFIZAD RAHMAT  
AZMIR ZAMZURI



Banana fruit is known to be rich in nutrients such as minerals, sugars, vitamins and fibers. Some ripe bananas can be eaten raw and also eaten with ice cream (banana split). The fruits also can be used for cooking such as curry. It also can be processed into chips, juices or fried bananas. The fruits are also believed to be used for relieving coughs and ulcers, having diuretic effect, increasing sexual drive and stimulating the production of semen in men.



Photo by: SALEHA HARON



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Other benefits are claimed as to prevent constipation and amnesia, regulate blood pressure and prevent mild strokes. The banana latex in the fruit is also claimed to be used as medicine for toothache and cracked heels. It's flowers can be eaten as salad when boiled in water and also cooked with other ingredients such as vegetable in curry while its leaves are normally used as food wrappers for many traditional foods.

