



# Banana Teardown

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## INTRODUCTION

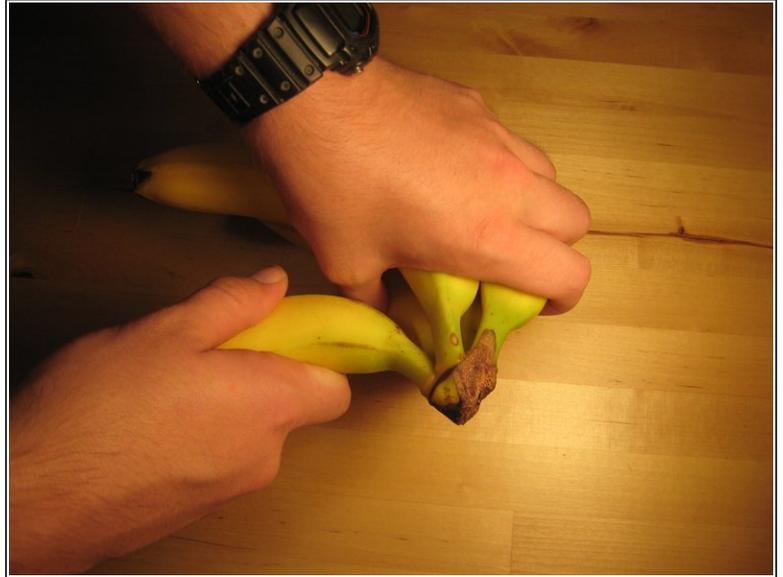
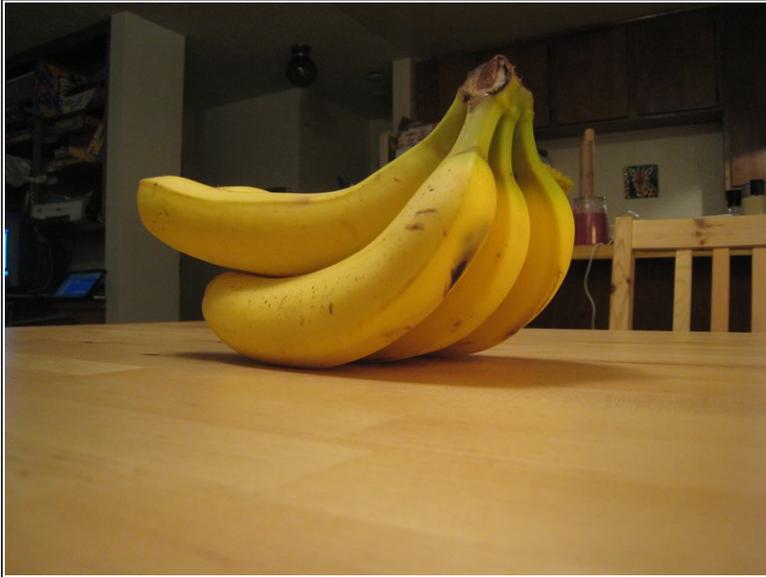
In this teardown, we open a banana to see what's inside. Yellow and delicious, but most importantly, yellow.

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### TOOLS:

- [Fingers](#) (1)
  - [Teeth](#) (1)
  - [Thumbs](#) (1)
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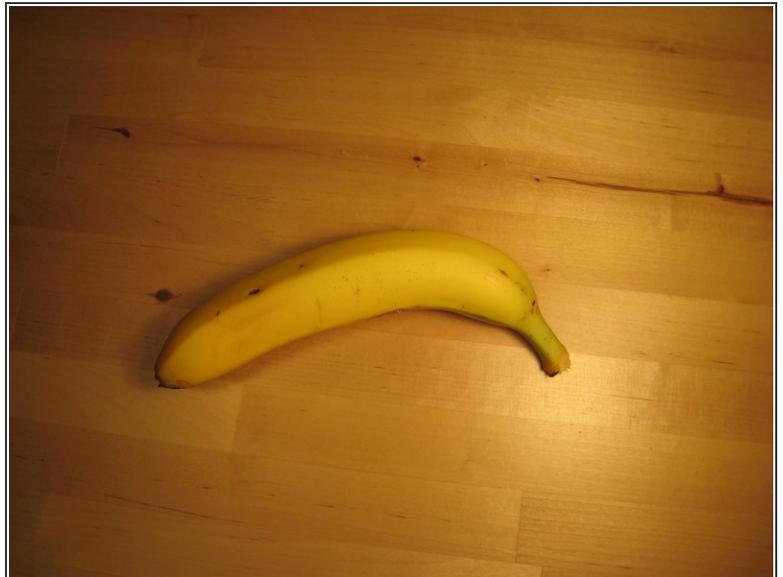
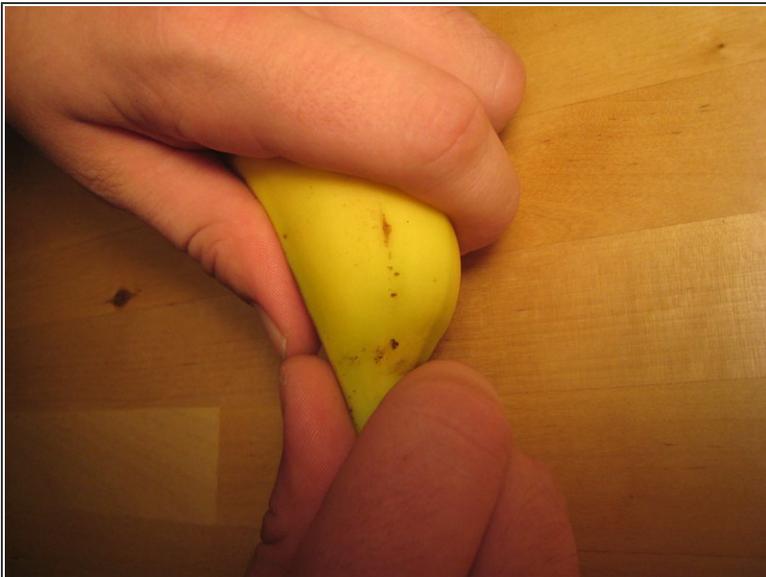
## Step 1 — Banana Teardown



- Take one banana from the bunch.

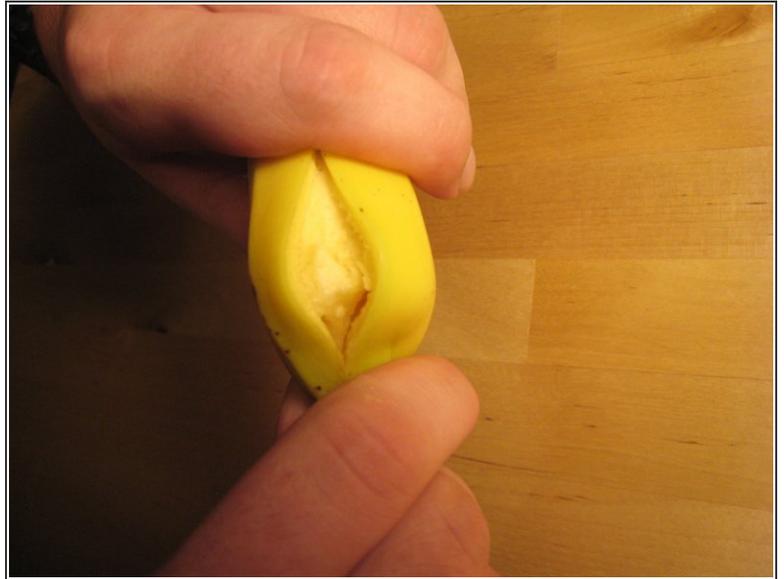
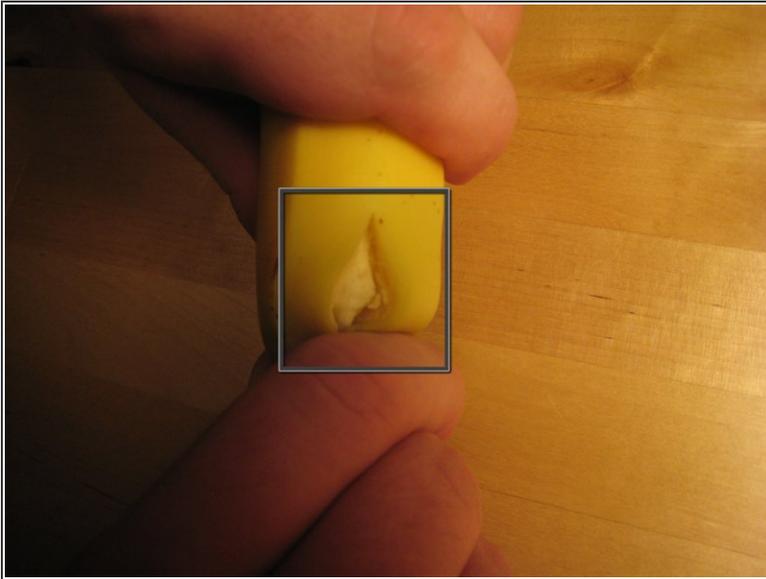
⚠ Don't squeeze too hard!

## Step 2



- Hold the banana in your left hand and grip the stem between your right thumb and forefinger.

### Step 3



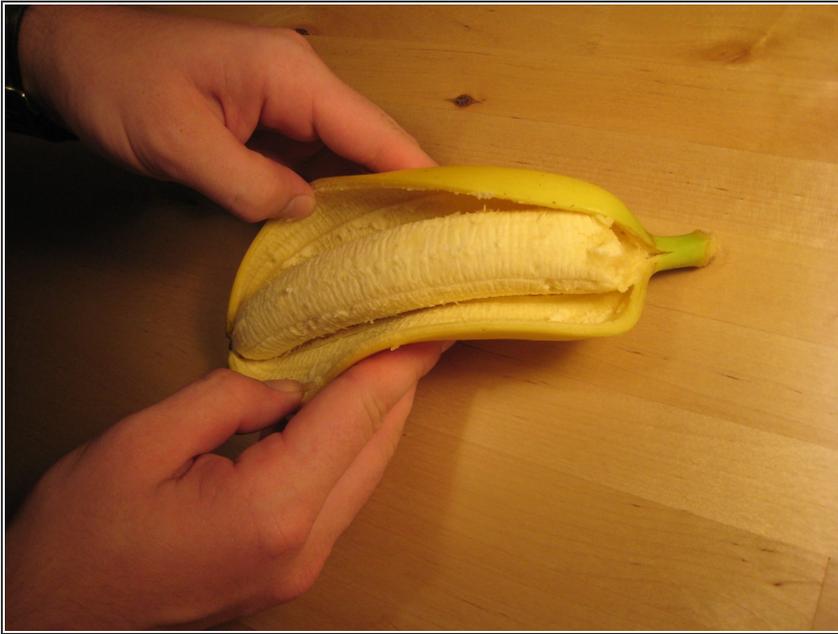
- Pull the stem downward until the peel splits.

### Step 4



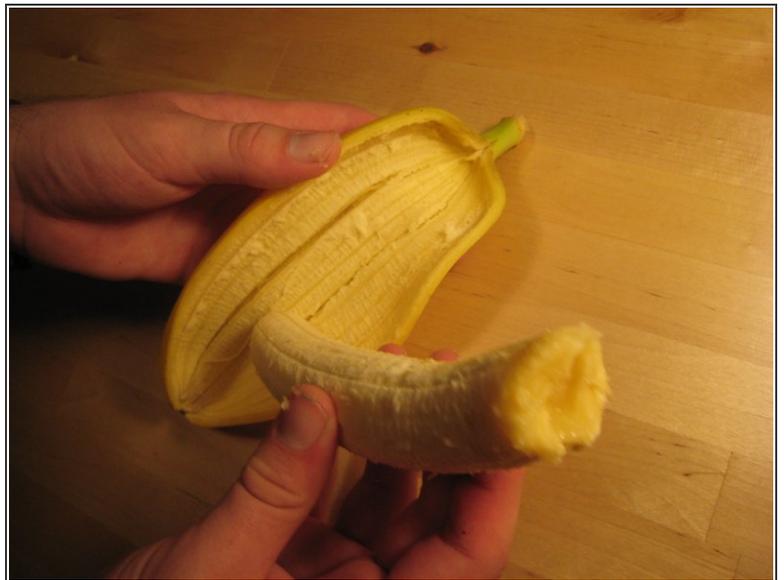
- Insert your thumbs into the split of the peel and pull the two sides apart.
- Expose the top of the banana. It may be slightly squished from pulling on the stem, but this will not affect the flavor.

## Step 5



- Pull open the peel, starting from your original split, and opening it along the length of the banana.

## Step 6



- Remove fruit from peel.

## Step 7



- Eat and enjoy!
- ⓘ This is where you'll need your teeth.
- ⚠ Do not choke on banana!