GO BANANAS: OUTLINE

1. INTRODUCTION
   1. Mention songs, puns and jokes referencing bananas
   2. Give basic information about bananas
      1. Basic history with some interesting facts
      2. Provide some details about the subject, its habitat and uses
      3. Discuss worldwide popularity and importance of bananas and its by-products in various aspects of daily life
2. BODY
   1. Discuss benefits of bananas
      1. Traditional benefits
         1. Nutritional value
      2. Non-traditional benefits
         1. Supports nerve and muscle function
         2. Importance of B vitamins
         3. May aid in handling nicotine withdrawal
      3. Other valuable vitamins and minerals and their benefits present in bananas
   2. Uncommon uses for bananas
      1. Interesting applications for various parts of the banana
         1. Leaves
         2. Peels
            1. Mulch
3. CONCLUSION
   1. Acknowledge gaining a whole new perspective on the subject
   2. Reference another song from the vernacular to tie back to introduction
   3. Thank the audience