

Wei Cheng Wu
BA Fall 2024
Hw Assignment #10- Peel a banana

Step 1- Identify the problem

I have poor digestive health and the doctor recommends eating fruits like bananas to help with the digestive system.

Step 2- What do I need to know

- structure of the banana (the outer skin and the inside)
- the stem (top part) of the banana can be peeled downwards
- the ripeness of the banana

Step 3- Data collection

- It takes roughly 5-10 seconds to peel a banana by the stem
- Banana is yellow colored, showing its ripeness and good condition

Step 4- Organize the data

Time to peel- 5 to 10 seconds

Peeling method- Peel from stem downwards (top of banana)

Fruit condition- yellow colored, fully ripe.

Step 5- Identify the relationship

Action: I am going to eat a banana to help with digestive issues. I peel the banana using the stem method.

Outcome: After the peel is removed, I am able to consume the inside of the fruit.

Step 6: Find the solution

- Hold the banana with the stem facing upwards.
- Hold the stem and gently peel it downwards to open up the fruit.
- Peel the remaining banana skin, should be 2-3 sections.
- Discard the peel, and consume the fruit.

Step 7- Tell the story

I have digestive issues based on my recent doctor's appointment. The doctor recommended that I eat bananas to help with it. I grab a yellow colored fully ripe banana from my fruit basket. I hold it with the stem part facing upwards. I get a grip on the stem and break it open by pulling it downwards. Afterwards, I peel the remaining banana skin down to typically 2-3 sections of it being peeled. Since the banana is ripe, it makes the peeling much smoother. I discard the banana skin and consume the fruit that is inside.