

**FEBRUARY**

# PEPPERS

**VINE VEGETABLES**

**GRADE  
2-3**

<b>RECOMMENDED BOOK</b>	<u>Chile Pepper Pete</u> by Dawn Boone, <u>Chicks and Salsa</u> by Aaron Reynolds, <u>The Vegetables We Eat</u> by Gail Gibbons
<b>NEEDED SUPPLIES</b>	Green, yellow, and red bell peppers; knife; cutting board
<b>NEEDED RESOURCES</b>	“Fruit and Vegetable Yoga” physical activity “Fruit and Vegetable Color Cards” and “Eat Your Colors Everyday” guide “Draw a Rainbow in Your Cart” or “Shop by Color” worksheet Bell peppers photo
<b>21ST CENTURY SKILL</b>	Students will learn that eating vegetables is a way to be healthy and want to include them in a healthy diet. <ul style="list-style-type: none"> <li>Practice preventative health behaviors</li> <li>2-3: Choose healthy foods.</li> </ul>
<b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>Students will gain knowledge of bell peppers (plant part, how to recognize, how to eat, how to prepare).</li> <li>Students will learn that bell peppers help them fight off infection and are good for their bodies.</li> <li>Students will learn that friends and educator eat bell peppers.</li> <li>Students will learn to try new fruits and vegetables.</li> </ul>
<b>WHAT YOU NEED TO KNOW ABOUT PEPPERS</b>	<ul style="list-style-type: none"> <li>Peppers can grow in Iowa summers.</li> <li>The variety and stage of ripeness determine the flavor and color of the pepper.</li> <li>As bell peppers age, they become sweeter and milder. Most peppers are harvested when they are green (immature). Most, but not all, green peppers will turn yellow to red over time. A red pepper is a mature green pepper.</li> <li>Select a pepper that has firm skin and is heavy for its size. The stem should be fresh and green.</li> <li>Take out the seeds before eating.</li> </ul>
<b>RECAP FROM LAST LESSON</b>	Did anyone have mango with your family at home? Was it a “thumbs up”? Do you think you could challenge your family to try a new fruit or vegetable every day for one week? Maybe choose one that begins with the first letter of that day of the week: M for Monday (mango), etc. Or maybe eat a different color each day. Today we are going to try different colors of peppers. Eating colorful fruits and vegetables is a great way to get the vitamins and minerals that our bodies need each day.
<b>PHYSICAL ACTIVITY</b>	“Fruit and Vegetable Yoga” or use the <u>Chile Pepper Pete</u> book and act out the sports for each pepper on the back page.
<b>FUN FACTS ABOUT PEPPERS</b>	<ul style="list-style-type: none"> <li>Peppers originated in Central and South America.</li> <li>California and Florida grow 80% of the bell peppers in the United States.</li> <li>Christopher Columbus discovered peppers in the West Indies and thought they were spices. He brought them back to Europe.</li> <li>Peppers have two broad categories: 1) hot or chili peppers and 2) sweet or bell peppers.</li> </ul>
<b>PART OF PLANT</b>	Vine fruit vegetable

**VINE VEGETABLES  
FEATURED TASTING:  
PEPPERS**



**ALTERNATIVES:  
TOMATO**



**CUCUMBER**



<b>DISCUSSION</b>	It is important to eat foods that are different colors (naturally colored, not artificially colored). Fruits and vegetables come in many different colors. Fruits and vegetables have something in them called “phytochemicals”. Phytochemicals means “plant chemicals”. Some phytochemicals give the fruit or vegetable its color. Phytochemicals are good for us! Blue/ Purple fruits and vegetables are good for our memory and our heart. Green fruits and vegetables are good for our eyes and help make our bones and teeth strong. Red fruits and vegetables help our heart to be healthy. Yellow and orange fruits and vegetables are good for our eyes, immune system, skin and bones. White fruits and vegetables keep our heart and blood healthy. All these phytochemicals help protect us against diseases (like cancer).
<b>HEALTH CONNECTION</b>	<ul style="list-style-type: none"> <li>• Peppers are high in Vitamin C, to fight off germs and heal cuts and wounds (reinforce with defense shield by crossing arms).</li> <li>• Peppers are a good source of Vitamin A (reinforce healthy eyes with super goggles).</li> </ul>
<b>ACTIVITIES</b>	Use the “Fruit and Vegetable Color Cards” and ask students to name fruits or vegetables for each color (Blue/Purple, Yellow/Orange, Green, Red, White/Brown). Give students “Draw a Rainbow in Your Cart” or “Shop by Color” worksheets.
<b>TASTING</b>	Show students how to prepare a pepper for eating. Cut off top and take out seeds. Show that peppers can be cut into slices or rings or chopped. Taste three varieties of peppers and discuss differences. Is one color sweeter? Are they all the same in crunch factor? Students will vote with their thumbs as to preference for peppers. Thumbs up-I like it, thumbs sideways-it’s okay, thumbs down-no thanks. Ask the students: Who wants to eat bell peppers again? What are some other ways you could eat peppers? (as a snack, in a salad, in a stir fry, on a sandwich, on pizza)
<b>CLOSING DISCUSSION</b>	What is the name of the vegetable we just tasted? What colors did we taste today? What colors of the rainbow did we not try today? Are there peppers those colors? Will you ask your grown-ups for peppers? What color will you ask for?
<b>TAKE-HOME MATERIALS</b>	Hand out “Ask me about...bell peppers” stickers. Send home the parent newsletter. Discuss the bingo card for the month. Hand out incentives for completed bingo cards.
<b>REFERENCES AND RESOURCES</b>	<a href="http://www.harvestofthemonth.cdph.ca.gov/download/Summer/021712/ED_Peppers_Newsletter_Final.pdf">http://www.harvestofthemonth.cdph.ca.gov/download/Summer/021712/ED_Peppers_Newsletter_Final.pdf</a> <a href="http://www.harvestofthemonth.cdph.ca.gov/download/Fall/21712/Ed_News_Tomatoes.pdf">http://www.harvestofthemonth.cdph.ca.gov/download/Fall/21712/Ed_News_Tomatoes.pdf</a> <a href="http://pbhfoundation.org/pub_sec/edu/cur/rainbow/">http://pbhfoundation.org/pub_sec/edu/cur/rainbow/</a> (see learning activities for more worksheet options) <a href="http://www.todaysdietitian.com/newarchives/110308p34.shtml">http://www.todaysdietitian.com/newarchives/110308p34.shtml</a> <a href="http://www.foodinsight.org/print/6414">http://www.foodinsight.org/print/6414</a> <a href="https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce/bell-peppers">https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce/bell-peppers</a>



## Fruit and Vegetable Yoga

### **Start out by warming up mentally and physically.**

Have the class stand up with feet hip-width apart and put their arms by their sides with hands open. Encourage them to close their eyes. Then, describe a scene to them, and have them picture it in their minds. This could be a farm where vegetables are growing, a kitchen where food is being prepared, or a peaceful day sitting in the shade of a tree. Have them do this long enough to take a few deep, calm breaths.

**Act out a plant growing using yoga poses.** This can have many variations- be creative! Focus on taking deep breaths as you lead this, and the kids will do the same.

- Begin by pressing your feet into the ground as if you are a plant sinking its roots deep into the soil.
- Then, stretch your body up straight and tall like a stem. (Mountain pose)
- After that, open your arms out wide above your head like leaves on a plant. Feel free to sway back and forth with the wind (stretching out the side body by moving arms side to side).
- If you would like, make your plant grow leaves by picking one foot up off of the ground and placing it on your lower leg or upper leg, but not your knee. (Tree pose)
- Feel free to add on flowers, fruits, or seeds to your plant.

### **Have the kids work together in teams to create their own yoga poses.**

Give each team/table group a picture of a fruit or a vegetable, and give them a little bit of time to create a pose with their body (individually or a team pose) that reminds them of that fruit or vegetable. Then, they will get to share it to the rest of the class and everyone else will try to do the other poses as well. To keep this activity moving and the chaos level down while everyone is trying goofy poses, have one pose that everyone comes back to in-between groups sharing. That way, everyone will try a pose, and will be ready to move on when everyone is back in the ready pose. *Example: "Everyone start with your knees bent and your hands on your knees. After we try each group's pose, we will always come back to this pose. I will know we are ready to move on once everyone has their hands on their knees after trying a new pose."*

**Ending any physical activity with a deep breath**, or "five mindful breaths" is a great way to calm kids down before continuing on with a lesson.

### **Five Mindful Breaths**

- Ask students to hold up five fingers with all of the fingers spread apart.
- Starting with the forefinger of the opposite hand next to the base of the thumb, trace "five mindful breaths" up and down the peaks and valleys of each finger.
- As you inhale, watch your finger go up to the top of your other finger. Pause at the top, and hold your breath. Exhale and trace your finger down to the crack between fingers. Continue until you've finished all five fingers.
- A great way to model this in front of a classroom is to exaggerate the breaths a little bit by making it very noticeable that you are breathing in or out. Also, raising the hand upwards a bit as you breathe in and downwards as you breathe out helps them to follow along.





# Yellow/Orange



Pick a better snack™



Funding for the development of this material came from USDA's SNAP, an equal opportunity provider, in collaboration with the Iowa Departments of Human Services and Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. For more information, visit <http://dhs.iowa.gov/food-assistance>.



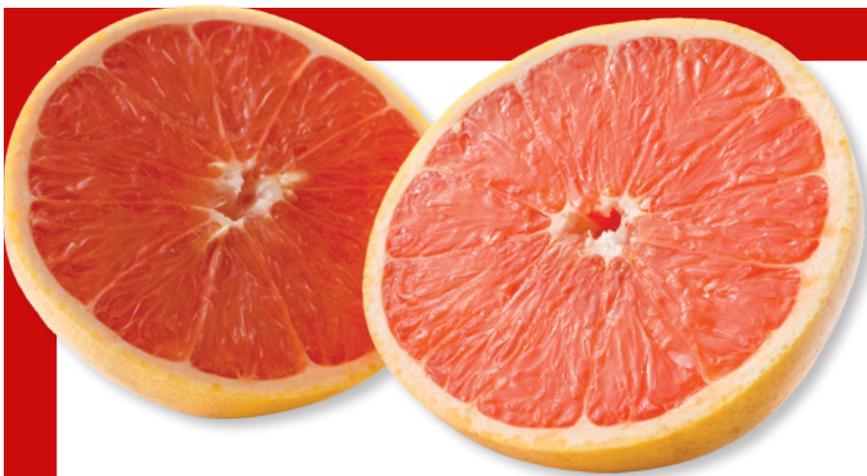
# Green



Pick a better snack™



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# Red



Pick a better snack™



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# Blue/Purple



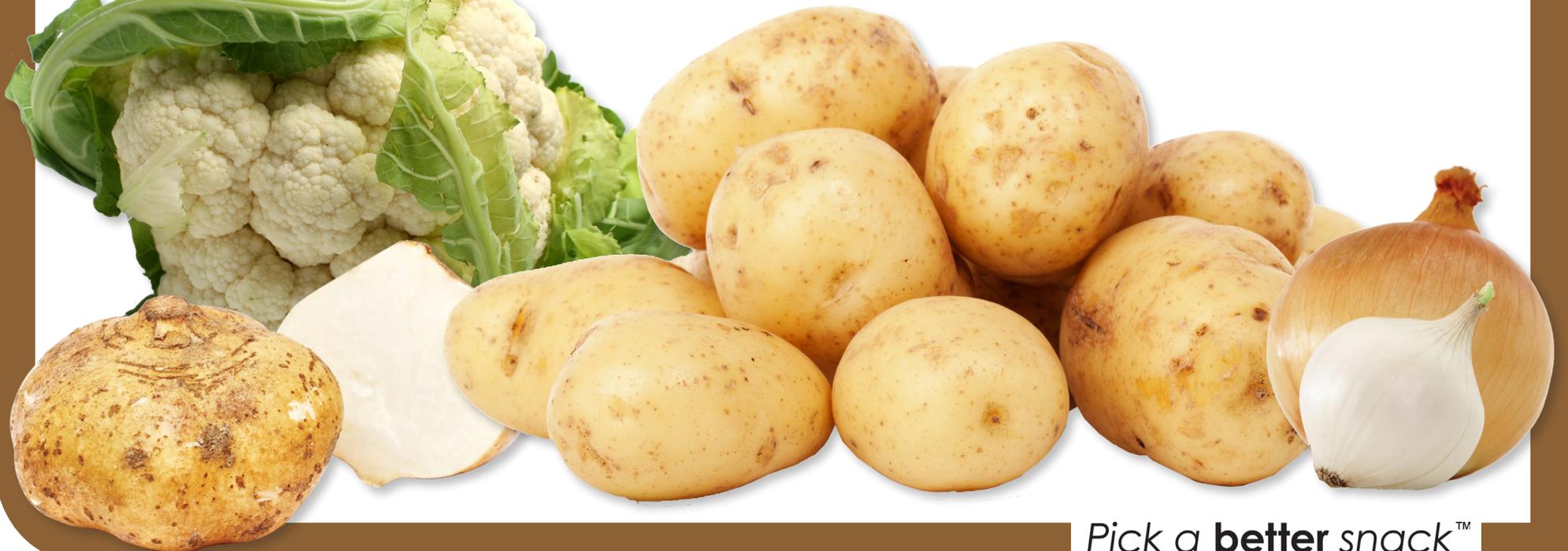
Pick a better snack™



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# White



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# Eat your colors every day to stay healthy and fit



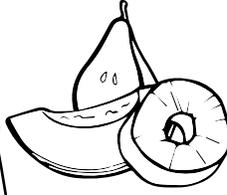
## RED

### FRUIT

Blood Oranges  
Cherries  
Cranberries  
Juniper Berries  
Lingonberries  
Loganberries  
Mulberries  
Pink/Red Grapefruit  
Pomegranates  
Raspberries  
Red Apples  
Red Currants  
Red Grapes  
Red Pears  
Salmon Berries  
Strawberries  
Watermelon

### VEGETABLES

Beets  
Chili Peppers  
Red Peppers  
Radishes  
Radicchio  
Red Onions  
Tomatoes  
Rhubarb



## YELLOW/ ORANGE

### FRUIT

Apricots  
Cantaloupe  
Cape Gooseberries  
Golden Kiwifruit  
Grapefruit  
Lemons  
Mangoes  
Nectarines  
Oranges  
Papayas  
Peaches  
Persimmons  
Pineapples  
Tangerines  
Yellow Apples  
Yellow Figs  
Yellow Pears  
Yellow Watermelon

### VEGETABLES

Butternut Squash  
Carrots  
Orange Peppers  
Orange Tomatoes  
Pumpkin  
Rutabagas  
Sweet Corn  
Sweet Potatoes  
Yellow Beets  
Yellow Peppers  
Yellow Potatoes  
Yellow Summer Squash  
Yellow Tomatoes  
Yellow Winter Squash



## WHITE/ BROWN

### FRUIT

Asian Pear  
Bananas  
Brown Pears  
Coconut  
Dates  
Durian  
Dried Figs  
Golden Raisins  
Lychee  
Star Fruit  
White Grapefruit  
White Nectarines  
White Peaches

### VEGETABLES

Celeriac  
Cauliflower  
Endive  
Fennel  
Garlic  
Ginger  
Jerusalem Artichokes  
Jicama  
Kohlrabi  
Leeks  
Mushrooms  
Onions  
Parsnips  
Potatoes  
Shallots  
Taro  
Turnips  
White Asparagus  
White Corn



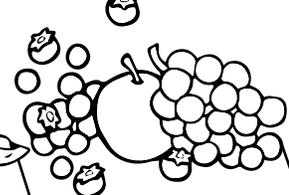
## GREEN

### FRUIT

Avocados  
Green Apples  
Green Grapes  
Green Pears  
Honeydew  
Kiwifruit  
Limes

### VEGETABLES

Artichokes  
Arugula  
Asparagus  
Broccoflower  
Broccoli  
Broccoli Rabe  
Brussels Sprouts  
Celery  
Chayote Squash  
Chinese Cabbage  
Collard Greens  
Cucumbers  
Green Beans  
Green Cabbage  
Green Onions  
Green Peppers  
Kale  
Lettuce  
Okra  
Peas  
Snow Peas  
Spinach  
Sugar Snap Peas  
Watercress  
Zucchini



## BLUE/ PURPLE

### FRUIT

Blackberries  
Black Currants  
Blueberries  
Concord Grapes  
Dried Plums  
Elderberries  
Passion Fruit  
Purple Figs  
Purple Grapes  
Raisins

### VEGETABLES

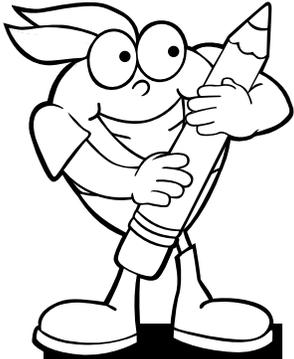
Black Salsify  
Eggplant  
Purple Peas  
Purple Potatoes  
Purple Asparagus  
Purple Endive  
Purple Cabbage  
Purple Carrots  
Purple Peppers

# Draw a Rainbow in Your Cart

What are your favorite fruit and vegetables? Use this page to draw a rainbow of fruit and vegetables you'd like to see in your family's shopping cart.



# Shop-by-Color



Which colorful fruit and vegetables should Raoul buy?  
 Help him by filling in this list with your favorite fruit  
 and vegetables in each color group.

**RED**

Fruit

*Red Apples*

**YELLOW/  
ORANGE**

Fruit

*Oranges*

**WHITE/  
BROWN**

Fruit

*Bananas*

**GREEN**

Fruit

*Green Grapes*

**BLUE/  
PURPLE**

Fruit

*Raisins*

Vegetables

*Red Bell Peppers*

Vegetables

*Carrots*

Vegetables

*Mushrooms*

Vegetables

*Collard Greens*

Vegetables

*Purple Cabbage*

