Peppers

Did you know...
- Peppers are packed with vitamins, including vitamins A, C, and K.
- Peppers have 357% more vitamin C than an orange!
- The average American eats 3.5 lbs. of bell peppers each year.

Bell Pepper Facts
Is a bell pepper a fruit or a vegetable? Color the spaces that have a star green to find out!

Green and red peppers come from the same plant. As bell peppers mature, their color changes from green to red as they ripen and become sweeter.

Sea Monster Snack
This tasty and healthy fun-to-make snack is perfect for Halloween parties.

Cut the bell pepper in half. Scoop out seeds.
Cut mouth and teeth shape in bottom half of bell pepper.
Slice bell pepper top to create monster tentacles.
Spread about ½ inch of hummus onto a plate
Place pepper head and tentacles as shown. “Glue” on olive slice eyes using a dab of hummus.

The Nightshade Family
Do the math to find out which of these foods are in the solanaceae or nightshade family. The foods that add up to an odd number are members of the nightshade family.

11 + 6 + 3 = broccoli
9 + 4 + 8 = Serrano pepper
3 + 3 + 3 = eggplant
14 + 6 + 7 = tomato
15 + 4 + 4 = paprika

2 + 4 + 2 = peas
8 + 8 + 2 = cherries
7 + 8 + 5 = onion
1 + 3 + 3 = jalapeño pepper
12 + 4 + 3 = bell pepper

6 + 6 + 7 = onion
3 + 10 + 3 = avocado
14 + 6 + 7 = tomato

Content on this page adapted from Network for a Healthy California Harvest of the Month program and www.usapears.com

Remember to eat at least five servings of fruits and veggies every day!

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