



## pint size PRODUCE

# Bell Peppers!

### Supplies:

#### Book:

*We Eat Food That's Fresh*  
By Angela Russ-Ayon

#### Tasting :

- 2-4 different colors of local peppers
- Knife
- Cutting board

#### Activity:

- Colored construction paper
- Leftover seeds from bell peppers
- Bell Pepper outline (attached), if desired
- Glue sticks or bottle
- Scissors

#### Coloring Pages:

<http://www.supercoloring.com/coloring-pages/vegetables/pepper>

### Book: We Eat Food That's Fresh

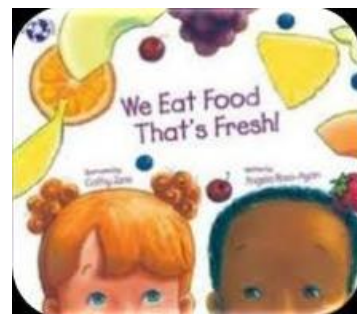
Discuss the different ways we can eat fresh foods: baked, blended, stir-fried, creamy, hot, cold, chilled, and more!

Watch a video of We Eat Food that's Fresh read aloud here:

<https://www.youtube.com/watch?v=gOX4liJsHns&t=8s>

And here is a link to the tune for a singalong:

<https://www.youtube.com/watch?v=hqts2dvezkc>



## Tasting: Sliced Peppers

Select 2-4 varieties of local peppers - include different colors. Start with the whole peppers and have children feel and smell the outside of the pepper. Slice the peppers and allow the children to smell, taste, and touch the different colors. Save the seeds to use in the following activity!

After tasting and comparing the various peppers, discuss:

- Are the peppers sweet or tart?
- Soft or crunchy?
- Which color was your favorite?



## Activity:

# Bell Pepper Outlines

Have children create a simple bell pepper art project while incorporating the use of their small-motor skills.

1. Let pepper seeds dry.
2. Draw an outline of a bell pepper onto construction paper, or white paper and have children color it in. Use the attached outline if desired.
3. Make dots with glue (or have children use cotton swabs to create dots of glue) inside the pepper outline.
4. Have children decorate their bell pepper by putting pepper seeds inside the outline.
5. Let dry, cut out, and enjoy the art work!



## More Resources

- Visit the MN Grown website to learn more about when bell peppers are in season, along with other local produce: <https://minnesotagrown.com/whats-in-season/>
- Check out our website for links to many other curricula and activities: [www.renewingthecountryside.org/f2ece](http://www.renewingthecountryside.org/f2ece)



## Recipes: Bell Peppers

Try some of these ways to help kids try peppers:

**Savory Stop Lights:** Cut red, yellow, and green peppers into small pieces – circles if you are feeling fancy. Top celery sticks with cream cheese, and have children turn their celery into a stop light!

**Ants on a Different Log:** Instead of celery, put a strip of peanut butter on strips of bell pepper, top with raisins, and enjoy.

**Bell Pepper Boats:** Combine cream cheese and chives and add a dollop of the mixture on top of bell pepper pieces. Children can help with the mixing, topping, and eating!

### Sources of Information

Photo: [www.kidsbookfestival.com](http://www.kidsbookfestival.com)

\*Adapted from <https://www.thingstoshareandremember.com/tasting-green-red-orange-peppers-gardens-grow/>

<https://www.superhealthykids.com/parenting/10-delicious-snacks-with-bell-peppers/>