



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

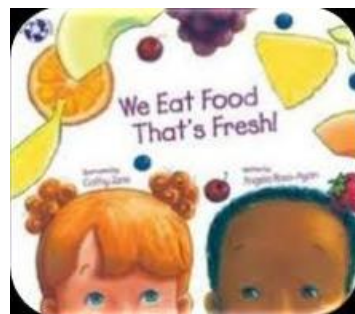
Discuss the different ways we can eat fresh foods: baked, blended, stir-fried, creamy, hot, cold, chilled, and more!

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



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

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

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



Bell Peppers!

Try It!

Bell peppers make for easy and tasty snacks! Try:

- Pepper nachos: top sliced peppers with shredded cheese, olives, onions, etc. and microwave
- Celery topped with cream cheese and diced peppers

Did you know?

In Minnesota, bell peppers are in season from July to September. They are a wonderful source of vitamins A and C!

Look for local peppers at the grocery store, or visit www.minnesotagrown.com to find local peppers near you!

Activity:

Try a scavenger hunt for a bell pepper rainbow!

Peppers come in (nearly) every color of the rainbow. Shop for local peppers and see if you can find red, orange, yellow, green and purple! Use this opportunity to learn more about the differences between them - how do they taste the same? How are they different?

Resources

Find many farm to childcare resources on our website:

www.renewingthecountryside.org/f2ece

Scholastic put together 8 kid-friendly bell pepper recipes. Find those here: <https://www.scholastic.com/parents/family-life/parent-child/8-kid-friendly-bell-pepper-recipes.html>

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Peppers!

Did you know? Bell peppers are high in fiber. They also contain both vitamin C and vitamin A.

Peppers come in many colors, and at the farmers market you can even find different shapes and varieties of sweet peppers.

Ask your child about peppers: what color did they like best?

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Today I tried ____
different peppers.
My favorite is:



Yellow



Orange



Red



Green

Today I tried ____
different peppers.
My favorite is:



Yellow



Orange



Red



Green

Bell Pepper Outline

