Peas (guisantes)

Why are peas good for us? Peas have:

- Protein to help our muscles grow.
- Fiber to keep our digestive system clean.
- Vitamin A for healthy eyes.
- Vitamin C for healthy bones, teeth, & immune system.

Discussion & Activity Suggestions

- There are many varieties of peas. See below for the differences between two of the most common: snow peas & snap peas.
- Talk about how peas grow using the images on the next page.
- Most pea varieties are green in color, but peas can also be brown, yellow, or even purple!
- In 1984, an English woman broke the world record for eating peas by eating 7,175 peas in an hour!

Snow Peas:

- Snow peas are flat with small peas inside.
- Eaten both cooked and raw.

Snap Peas:

- Snap peas have tender crisp outer pods, and sweet inner peas.
- Some snap pea varieties are stringless like snow peas, while others may need some trimming before they are ready to eat.
- Eaten both cooked and raw.

Sources:
producemadesimple.ca
Sdharvestofthemonth.org

Book suggestions:
Little Pea by Amy Krouse Rosenthal
Peas (What’s for Lunch?) by Claire Llewellyn
LMNO Peas by Keith Baker
How do pea plants grow?

⇒ Peas love cool weather so they are planted in early spring to be harvested before it gets too hot.

⇒ Pea pods grow from the flowers after they have been pollinated by insects.

⇒ Pea plants can grow up to 6 feet or higher as vines in rich, healthy soil.

⇒ Snow peas and snap peas grow on separate plants, but both look similar to each other.