Bell Pepper (pimiento)

Fun Facts!

⇒ All peppers are green at first. There color (and taste) changes as they ripen.
⇒ The most popular bell pepper in the United States is the green bell pepper.
⇒ Bell peppers can also be red, orange, yellow, purple or even chocolate brown!

What’s so great about bell peppers?

♦ Bell peppers have Vitamin C for strong teeth and healthy immune system to fight colds.

♦ Bell peppers also have Vitamin A, Vitamin K and Vitamin B6 for improved vision, bones, and blood.

Suggested Activities

⇒ Ask students about the shape, texture, size & smell of bell peppers.

⇒ Using the life cycle diagram below to discuss with students how peppers grow (from seeds planted in the ground which grow into small plants. The peppers start growing where the flowers were).

⇒ Discuss the different ways that people eat peppers: such as raw for dipping or eating plain, in salsa, stir fry, salad, chili, stuffed, and more.

Sources:
getactivelacrosse.org
sdharvestofthemonth.com
harvestofthemonth.cdpd.ca.gov
Lifecycle of a pepper plant

http://www.sqm.com/

Vegetablegardener.com