

P is for Peppers

- Peppers come in many different colors, depending on the variety and ripeness.
- There are sweet peppers and hot, spicy peppers. Raw sweet peppers make a delicious snack or salad.
- Peppers provide an excellent source of vitamin C.

Photos: Network for a Healthy California

Bell Pepper Snack Cups

Makes 25 servings. 2 bell pepper sticks and 1 tablespoon dressing each.

INGREDIENTS:

- 4 ¼ medium green bell peppers
- 1 ⅔ cups lowfat Ranch dressing
- 1 bell pepper to use as "pepper cup"

SUPPLIES:

- Plastic knives, paring knife, cutting board, serving plate
- Tablespoon, ⅔ cup measure, small bowl.
- Small paper cups, napkins

PREPARATION:

1. Wash all peppers. Put "pepper cup" pepper aside.
2. Cut off tops and bottoms of the other 4 ¼ peppers. Cut each pepper half into 6 long strips (cutting 12 strips per whole pepper and a total of 51 strips). Put bell peppers slices onto a serving plate.
3. Take "pepper cup" pepper and cut only the top off. Remove seeds. Place on a plate and pour dressing into "pepper cup."
4. To serve, let each child put 1 tablespoon of the dressing and 2 bell pepper strips into their small paper cup.

Source:

NETA Program, University of California Cooperative Extension, Alameda County.
<http://neta.ucdavis.edu/>

Nutrition information per serving:

Calories 30, Carbohydrate 3g, Dietary Fiber 0g, Protein 0 g, Total Fat 2 g, Saturated Fat 0, Cholesterol 2mg, Sodium 137 mg.



For more information, visit:

www.fruitsandveggiesmatter.gov/month/bell_pepper.html
www.harvestofthemonth.com

Cooking in the Preschool Classroom

provides many benefits to children

- Children can remove seeds and cut the peppers into strips with plastic knives.
- Children can measure dressing into the bowl, place pepper strips onto the serving plate, and serve themselves.

Food Safety and Sanitation:

- Clean food preparation areas and utensils before cooking.

- Everyone wash hands before cooking and eating.
- Children help wash bell peppers.
- Children help clean up food preparation and eating areas.

Create a Child-Friendly Environment

- Help the children discover the different parts of the bell pepper, including the stem, the outside skin, and the flesh and seeds inside.

Activity:

Rainbow Peppers



Children will learn about the variety of colorful peppers they can eat while practicing their language skills, math concepts, and motor skills.



MATERIALS

- 8x10 inch pictures of many different colors of peppers to post around the classroom.
- Cut red, yellow, and green bell peppers into strips, enough for each child. This is in addition to the peppers that will be provided for cooking.
- Using construction paper, cut 4x5 inch color cards (the same colors as the peppers).
- Make small pictures of red, green, yellow, orange, and purple peppers. Have at least 3 pictures per child.

WHAT TO DO NEXT

1. **Before children arrive:** Have the 4x5 inch color cards and the pictures of the peppers ready. Place the color cards on the floor. Place the small pepper pictures in a paper bag. Post the 8x10 inch pictures of peppers around the classroom.
2. **Circle Time:** Explain the activity. Each child picks at least 3 pictures from the paper bag and matches them with the color cards on the floor. Review the colors with them.

3. **Take turns:** Each child takes 3 cards out of the bag and places them upside down in the area where they are sitting. Taking turns they flip up one of the pepper cards, call the color, and place it on top of the color card. Continue until all the cards have been flipped up.
4. **Count:** Teacher and children check the number of peppers in each color.
5. **Review:** Talk about the different colors of peppers and their different shapes and sizes and tastes. Some are mild, tart, or sweet. Let them taste a strip of the red, yellow, and green bell peppers. Ask them if they taste different. i.e. red is sweet, green is a little tart, etc.
6. **Teacher:** Reinforce the importance of eating a variety of colors of fruits and vegetables to grow up and be strong.
7. **Cooking:** Have the children wash their hands and help prepare and taste the recipe from the front page



Connections to California Department of Education
Child Desired Results: 3 years to Pre-K

Activity: CDR 1: Language 12, 13, 14; CDR 2: Learning 15, 16; Cognitive 18, 19, 20; Math 30

Cooking in the Classroom: CDR 1: Self-Regulation 13, 14, 15; Language 14, 16, 17; CDR 2: Math 27, 31; CDR 3: Motor Skills 35; CDR 4: Safety and Health 39

For important nutrition information, visit www.oachampionsforchange.net. For food stamp information, call 877-847-3883. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.