

FEBRUARY

PEPPERS

VINE VEGETABLES

**GRADE
K-1**

RECOMMENDED BOOK	<u>Chile Pepper Pete</u> by Dawn Boone, <u>Chicks and Salsa</u> by Aaron Reynolds, <u>A Very Purple Pepper: Colors to Know So You Can Grow</u> by Peggy Sissel-Phelan, <u>Eat Lots of Colors!</u> by Helen Marsteller, <u>Growing Colors (Avenues)</u> by Bruce McMillan
NEEDED SUPPLIES	Green, yellow, and red bell peppers; knife; cutting board; bell peppers photo
NEEDED RESOURCES	<p>“Fruit and Vegetable Yoga” physical activity</p> <p>Peter Piper rhyme</p> <p>“Bell Pepper Color-by-Numbers” activity sheet</p> <p>“Fruit and Vegetable Color Cards” and “Eat Your Colors Everyday” guide (Optional for kindergarten: Fruit book from Team Nutrition Discover MyPlate: Emergent Reader Mini Books)</p>
21ST CENTURY SKILL	<p>Students will learn that eating vegetables is a way to be healthy and want to include them in a healthy diet.</p> <ul style="list-style-type: none"> Practice preventative health behaviors <ul style="list-style-type: none"> K-1: Identify healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will gain knowledge of bell peppers (how to recognize, how to eat, how to prepare). Students will learn that bell peppers help them fight off infection and are good for their bodies. Students will learn that friends and educator eat bell peppers. Students will learn to try new fruits and vegetables.
WHAT YOU NEED TO KNOW ABOUT PEPPERS	<ul style="list-style-type: none"> Peppers can grow in Iowa. The variety and stage of ripeness determine the flavor and color of the pepper. As bell peppers age, they become sweeter and milder. Most peppers are harvested when they are green (immature). Most but not all green peppers will turn yellow to red over time. A red pepper is a mature green pepper. Select a pepper that has firm skin and is heavy for its size. The stem should be fresh and green. Take out the seeds before eating.
RECAP FROM LAST LESSON	Did anyone have mango with your family at home? Was it a “thumbs up”? Do you think you could challenge your family to try a new fruit or vegetable every day for one week? Maybe choose one that begins with the first letter of that day of the week: M for Monday (mango), etc. Or maybe eat a different color each day. Today we are going to try different colors of peppers. Eating colorful fruits and vegetables is a great way to get the variety of vitamins and minerals that our bodies need each day.
PHYSICAL ACTIVITY	“Fruit and Vegetable Yoga” or the <u>Chile Pepper Pete</u> book (act out the sports for each pepper on the back page.)
FUN FACTS ABOUT PEPPERS	<ul style="list-style-type: none"> Peppers originated in Central and South America. California and Florida grow 80% of the bell peppers in the United States. Christopher Columbus discovered peppers in the West Indies and thought they were spices. He brought them back to Europe. Peppers have two broad categories: 1) hot or chili peppers, and 2) sweet or bell peppers.

**VINE VEGETABLES
FEATURED TASTING:
PEPPERS**



**ALTERNATIVES:
TOMATO**



CUCUMBER



DISCUSSION	It is important to eat foods that are different colors (naturally colored, not artificially colored). Fruits and vegetables come in different colors. We want to eat many different colored fruits and vegetables to stay healthy. Eating “a rainbow” of fruits and vegetables can help us stay healthy. Name some fruits and vegetables that come in more than one color (e.g., grapes, apples, cauliflower). Do red apples taste the same as green apples? Do red grapes taste different than green grapes?
HEALTH CONNECTION	<ul style="list-style-type: none"> • Peppers are high in Vitamin C, which helps fight off germs and heal cuts and wounds (Reinforce with defense shield by crossing arms). • Peppers are a good source of Vitamin A. (Reinforce healthy eyes with super goggles).
ACTIVITIES	Use the “Fruit and Vegetable Color Cards” and ask students to name fruits or vegetables for each color (Blue/Purple, Yellow/Orange, Green, Red, White/Brown). “Bell Pepper Color-by-Numbers” activity sheet Read Peter Piper rhyme with the students.
SENSES CONNECTION	<p>See: Peppers grow in a variety of colors (red, green, yellow, orange and purple – show photos or actual peppers), sizes and shapes.</p> <p>Touch: Firm, smooth skin</p> <p>Smell: Sweet</p> <p>Taste: Sweet</p> <p>Sound: Crunchy Bite</p>
TASTING	Show students how to prepare a pepper for eating. Cut off top and take out seeds. Show that peppers can be cut into slices or rings or chopped. Taste three varieties of peppers and discuss differences. Do you think one color is sweeter? Are they all the same in crunch factor? Students will vote with their thumbs as to preference for peppers. Thumbs up-I like it, thumbs sideways-it’s okay, thumbs down-no thanks. Ask the students: Who wants to eat bell peppers again? What are some other ways you could eat peppers? (as a snack, in a salad, in a stir fry, on a sandwich, on pizza)
CLOSING DISCUSSION	What is the name of the vegetable we just tasted? What colors did we taste today? What colors of the rainbow did we not try today? Are there peppers that color? What fruit or vegetable is that color? Will you ask your grown-ups for peppers? What color will you ask for?
TAKE-HOME MATERIALS	Pass out “Ask me about...bell peppers” stickers. Send home the parent newsletter.
REFERENCES AND RESOURCES	<p>http://www.harvestofthemonth.cdph.ca.gov/download/Summer/021712/ED_Peppers_Newsletter_Final.pdf</p> <p>http://www.harvestofthemonth.cdph.ca.gov/download/Fall/21712/Ed_News_Tomatoes.pdf</p> <p>http://www.fns.usda.gov/tn/discover-myplate-emergent-reader-mini-books - for more than 6 sets, order through Iowa Team Nutrition</p> <p>http://pbhfoundation.org/pub_sec/edu/cur/rainbow/ (see learning activities for more worksheet options)</p> <p>https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce/bell-peppers</p>



Fruit and Vegetable Yoga

Start out by warming up mentally and physically.

Have the class stand up with feet hip-width apart and put their arms by their sides with hands open. Encourage them to close their eyes. Then, describe a scene to them, and have them picture it in their minds. This could be a farm where vegetables are growing, a kitchen where food is being prepared, or a peaceful day sitting in the shade of a tree. Have them do this long enough to take a few deep, calm breaths.

Act out a plant growing using yoga poses. This can have many variations- be creative! Focus on taking deep breaths as you lead this, and the kids will do the same.

- Begin by pressing your feet into the ground as if you are a plant sinking its roots deep into the soil.
- Then, stretch your body up straight and tall like a stem. (Mountain pose)
- After that, open your arms out wide above your head like leaves on a plant. Feel free to sway back and forth with the wind (stretching out the side body by moving arms side to side).
- If you would like, make your plant grow leaves by picking one foot up off of the ground and placing it on your lower leg or upper leg, but not your knee. (Tree pose)
- Feel free to add on flowers, fruits, or seeds to your plant.

Have the kids work together in teams to create their own yoga poses.

Give each team/table group a picture of a fruit or a vegetable, and give them a little bit of time to create a pose with their body (individually or a team pose) that reminds them of that fruit or vegetable. Then, they will get to share it to the rest of the class and everyone else will try to do the other poses as well. To keep this activity moving and the chaos level down while everyone is trying goofy poses, have one pose that everyone comes back to in-between groups sharing. That way, everyone will try a pose, and will be ready to move on when everyone is back in the ready pose. *Example: "Everyone start with your knees bent and your hands on your knees. After we try each group's pose, we will always come back to this pose. I will know we are ready to move on once everyone has their hands on their knees after trying a new pose."*

Ending any physical activity with a deep breath, or "five mindful breaths" is a great way to calm kids down before continuing on with a lesson.

Five Mindful Breaths

- Ask students to hold up five fingers with all of the fingers spread apart.
- Starting with the forefinger of the opposite hand next to the base of the thumb, trace "five mindful breaths" up and down the peaks and valleys of each finger.
- As you inhale, watch your finger go up to the top of your other finger. Pause at the top, and hold your breath. Exhale and trace your finger down to the crack between fingers. Continue until you've finished all five fingers.
- A great way to model this in front of a classroom is to exaggerate the breaths a little bit by making it very noticeable that you are breathing in or out. Also, raising the hand upwards a bit as you breathe in and downwards as you breathe out helps them to follow along.





Yellow/Orange



Pick a better snack™



Funding for the development of this material came from USDA's SNAP, an equal opportunity provider, in collaboration with the Iowa Departments of Human Services and Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. For more information, visit <http://dhs.iowa.gov/food-assistance>.



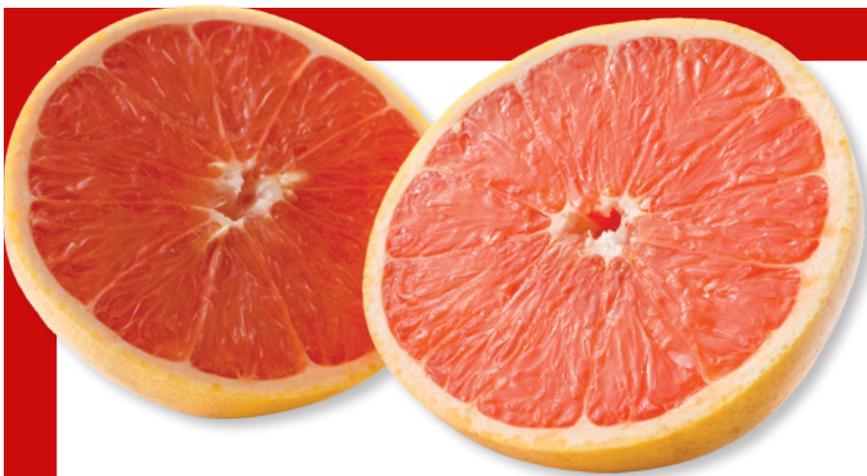
Green



Pick a better snack™



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Red



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Blue/Purple



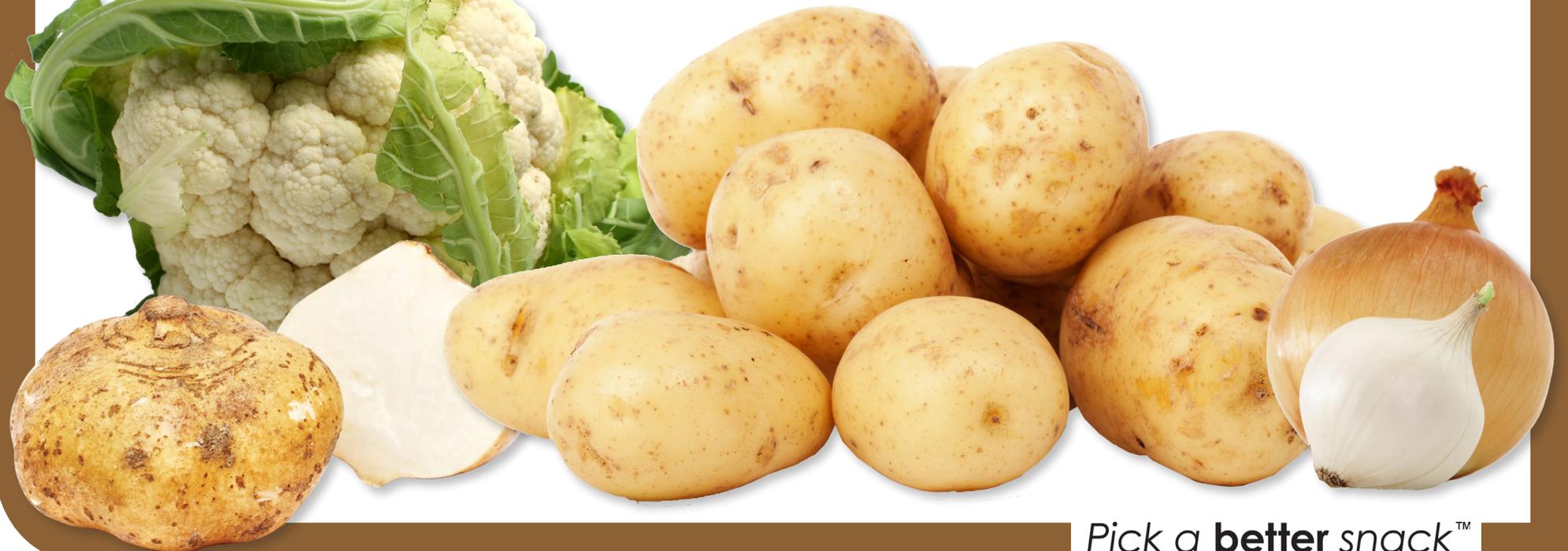
Pick a better snack™



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White



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Eat your colors every day to stay healthy and fit



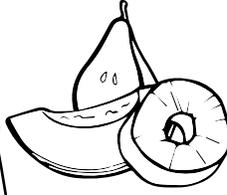
RED

FRUIT

Blood Oranges
Cherries
Cranberries
Juniper Berries
Lingonberries
Loganberries
Mulberries
Pink/Red Grapefruit
Pomegranates
Raspberries
Red Apples
Red Currants
Red Grapes
Red Pears
Salmon Berries
Strawberries
Watermelon

VEGETABLES

Beets
Chili Peppers
Red Peppers
Radishes
Radicchio
Red Onions
Tomatoes
Rhubarb



YELLOW/ ORANGE

FRUIT

Apricots
Cantaloupe
Cape Gooseberries
Golden Kiwifruit
Grapefruit
Lemons
Mangoes
Nectarines
Oranges
Papayas
Peaches
Persimmons
Pineapples
Tangerines
Yellow Apples
Yellow Figs
Yellow Pears
Yellow Watermelon

VEGETABLES

Butternut Squash
Carrots
Orange Peppers
Orange Tomatoes
Pumpkin
Rutabagas
Sweet Corn
Sweet Potatoes
Yellow Beets
Yellow Peppers
Yellow Potatoes
Yellow Summer Squash
Yellow Tomatoes
Yellow Winter Squash



WHITE/ BROWN

FRUIT

Asian Pear
Bananas
Brown Pears
Coconut
Dates
Durian
Dried Figs
Golden Raisins
Lychee
Star Fruit
White Grapefruit
White Nectarines
White Peaches

VEGETABLES

Celeriac
Cauliflower
Endive
Fennel
Garlic
Ginger
Jerusalem Artichokes
Jicama
Kohlrabi
Leeks
Mushrooms
Onions
Parsnips
Potatoes
Shallots
Taro
Turnips
White Asparagus
White Corn



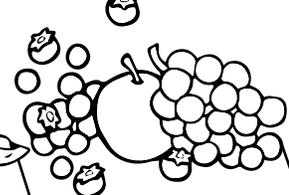
GREEN

FRUIT

Avocados
Green Apples
Green Grapes
Green Pears
Honeydew
Kiwifruit
Limes

VEGETABLES

Artichokes
Arugula
Asparagus
Broccoflower
Broccoli
Broccoli Rabe
Brussels Sprouts
Celery
Chayote Squash
Chinese Cabbage
Collard Greens
Cucumbers
Green Beans
Green Cabbage
Green Onions
Green Peppers
Kale
Lettuce
Okra
Peas
Snow Peas
Spinach
Sugar Snap Peas
Watercress
Zucchini



BLUE/ PURPLE

FRUIT

Blackberries
Black Currants
Blueberries
Concord Grapes
Dried Plums
Elderberries
Passion Fruit
Purple Figs
Purple Grapes
Raisins

VEGETABLES

Black Salsify
Eggplant
Purple Peas
Purple Potatoes
Purple Asparagus
Purple Endive
Purple Cabbage
Purple Carrots
Purple Peppers

Bell Pepper Color-by-Numbers

Have fun creating your own rainbow of peppers by completing this color-by-number activity!

Use this color key as a guide: 1=Red 2=Orange or Yellow 3=White or Brown 4=Green 5=Blue or Purple

Color the rest of the scene any way you want.



Did you know . . . bell peppers come in every color of the rainbow? That's right!
There are red, orange, yellow, green, brown, and even purple bell peppers.

"Peter Piper picked..."

by Mother Goose

**Peter Piper picked a peck of pickled peppers;
A peck of pickled peppers Peter Piper picked;
If Peter Piper picked a peck of pickled peppers,
Where's the peck of pickled peppers Peter Piper
picked?**

