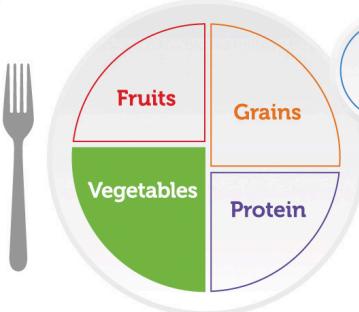




Bell Pepper



MyPlate.gov

VARY YOUR VEGGIES

Make half your plate fruits and veggies!

Bell peppers count as a vegetable. Try bell peppers and other colorful vegetables to stay healthy!



WHAT IS IT?

Peppers come in many shapes, colors, and flavors. Some are sweet, like bell peppers, and some are spicy, like chili peppers.

FUN FACTS & TIPS



Thomas Jefferson grew many kinds of peppers at his home in Monticello, Virginia.



Red bell peppers are just green peppers that have ripened.



For a crunchy snack, dip pepper slices in hummus.



Scan QR code to find more NE Team Nutrition resources.



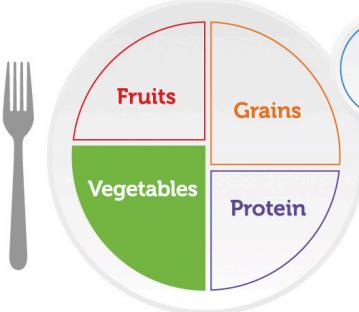
This resource was created based on similar MyPlate Food Fact Cards developed by the USDA, which can be accessed at https://www.myplate.gov/resources/print-materials?f%5B0%5D=resource_type%3A1177.

This project was funded using U.S. Department of Agriculture grant funds.

This institution is an equal opportunity provider.



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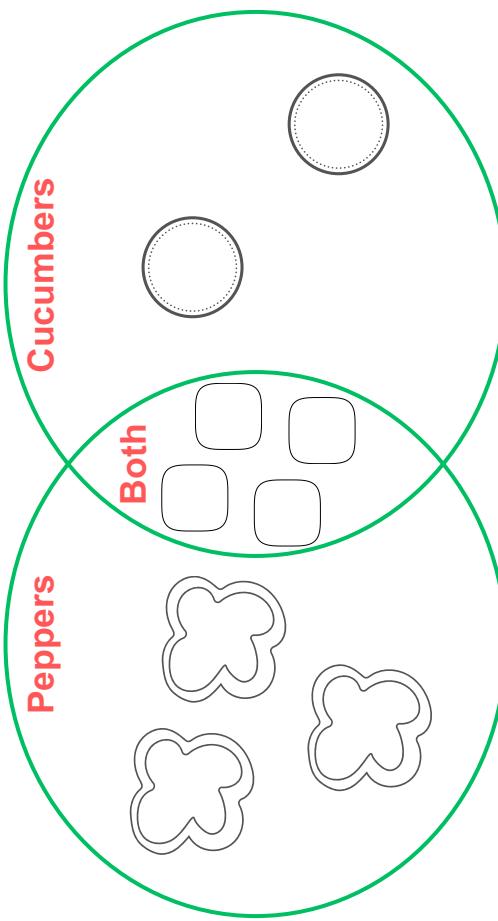


PEPPERS VS. CUCUMBERS

Read the facts below. Write each fact number in the correct box of the Venn diagram.

Facts

1. Come in many colors like red, green, yellow, and orange
2. Can taste mild or watery
3. Can taste sweet or spicy
4. Grow on plants
5. Crunchy
6. Used to make pickles
7. Have seeds inside
8. Change color as they ripen
9. Often eaten fresh in salads



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