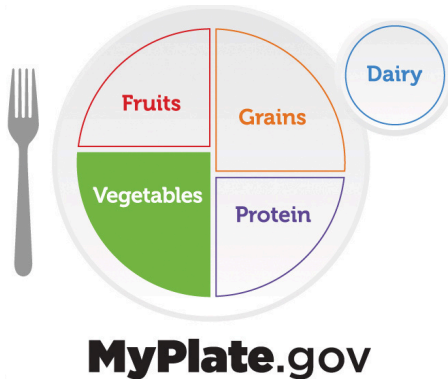




Harvest of the Month  
NEBRASKA

# 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.

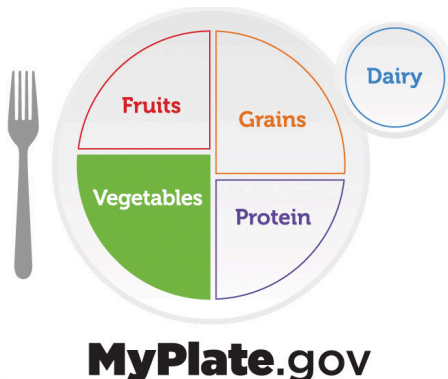


This resource was created based on similar MyPlate Food Fact Cards developed by the USDA,  
which can be accessed at [https://www.myplate.gov/resources/print-materials?f%5B0%5D=resource\\_type%3A1177](https://www.myplate.gov/resources/print-materials?f%5B0%5D=resource_type%3A1177).  
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This institution is an equal opportunity provider.



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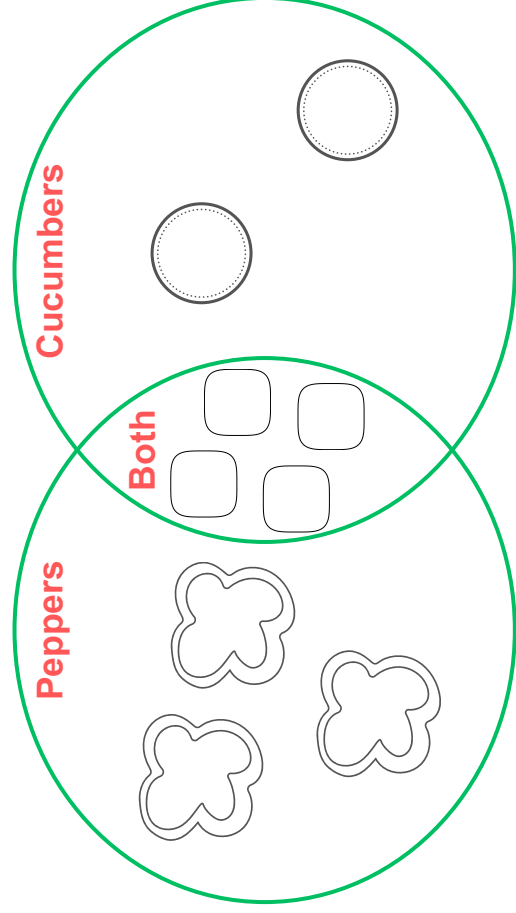


# PEPPERS VS. CUCUMBERS

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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