

Harvest of the Month

Network for a Healthy California

Botanical name: *Capsicum annuum*



PEPPERS

Circle all vegetables on the menu.

- How many vegetables are green?
- How many are red?
- How many are yellow?
- Draw a star next to your favorite vegetables.

EAT YOUR PEPPERS

Nutrition Facts

Serving Size: ½ cup chopped sweet green pepper (74g)
 Calories 15 Calories from Fat 1

| | % Daily Value |
|-----------------------|---------------|
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 2mg | 0% |
| Total Carbohydrate 3g | 1% |
| Dietary Fiber 1g | 5% |
| Sugars 2g | |
| Protein 1g | |
| Vitamin A 5% | Calcium 1% |
| Vitamin C 99% | Iron 1% |



Scrambled Peppers

Oh no! The names of these popular pepper varieties are scrambled. Unscramble the letters and circle if the variety is a sweet or hot (chili) pepper. (answers below)

| | | | |
|-------------------------|-------------------------|---------|------------|
| banana | cayenne | cherry | green bell |
| haba ñ ero | jalape ñ o | pimento | red bell |

- ñpaolaejp _____ (sweet / hot)
- aabnna _____ (sweet / hot)
- lelrebd (2 words) _____ (sweet / hot)
- yancene _____ (sweet / hot)
- rehñaoba _____ (sweet / hot)
- brleelgen (2 words) _____ (sweet / hot)
- rycehr _____ (sweet / hot)
- oimtpen _____ (sweet / hot)

Reasons to Eat Peppers

A ½ cup of sweet peppers (green, yellow, and red varieties) has lots of vitamin C. Eating sweet red peppers is also a good way to get vitamin B₆. Vitamin B₆ helps your body build healthy blood cells.

Vitamin B₆ Champions:*

Avocados, bananas, hot peppers, sweet red peppers, and potatoes.

*Vitamin B₆ Champions are a good or excellent source of vitamin B₆.

How Much Do I Need?

A ½ cup of chopped peppers is about one cupped handful or one small pepper. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how many cups you need. Remember to eat a variety of colorful fruits and vegetables throughout the day. And don't forget your 60 minutes of physical activity every day!

Recommended Daily Amounts of Fruits and Vegetables*

| | Kids, Ages 5-12 | Teens and Adults, Ages 13 and up |
|--------------|---------------------|-------------------------------------|
| Boys | 2½ - 5 cups per day | 4½ - 6½ cups per day |
| Girls | 2½ - 5 cups per day | 3½ - 5 cups per day |

*If you are active, eat the higher number of cups per day.

Visit www.mypyramid.gov/kids to learn more.

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. © California Department of Public Health 2009.



Answers: 1) jalapeño (hot), 2) banana (sweet), 3) red bell (sweet), 4) cayenne (hot), 5) habañero (hot), 6) green bell (sweet), 7) cherry (hot), 8) pimento (sweet)