Name: _____ Date: _____



Pepper plant bearing fruit.



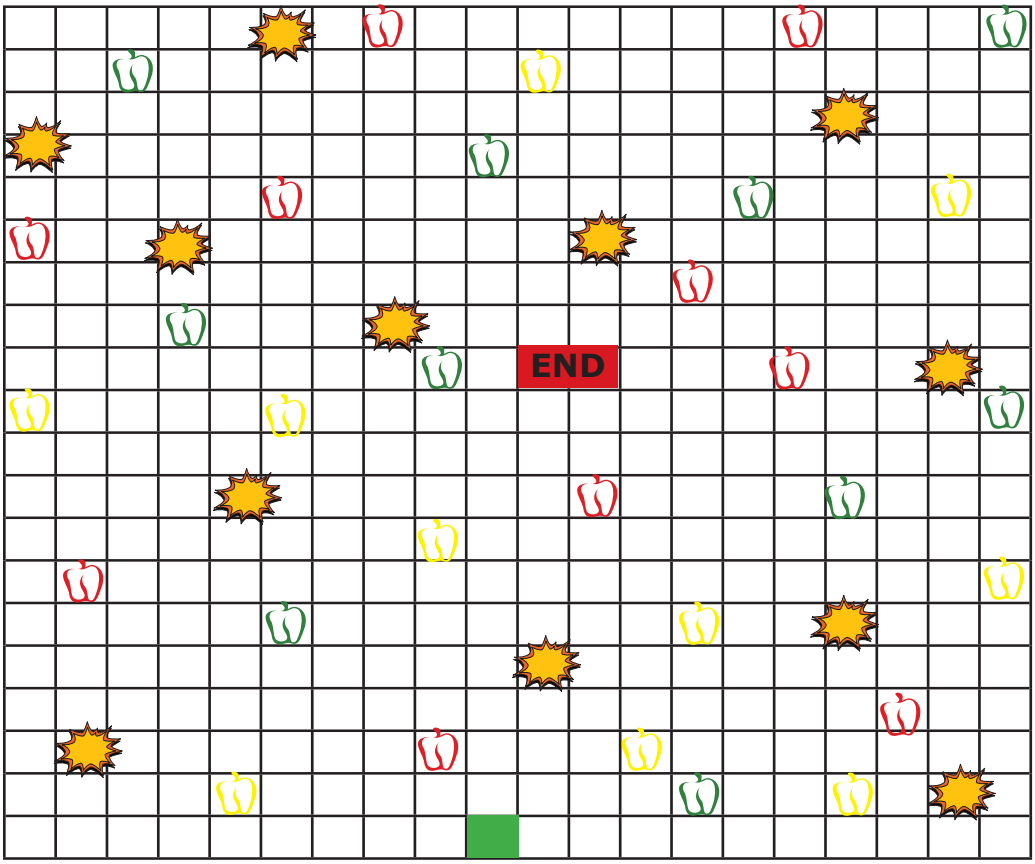
Pep Up Your Diet With Peppers

Help Herbie collect the best peppers for the most nutritional value. Each pepper is worth 2 points! Cross over enough peppers to earn a red pepper!









Fresh for Florida Kids
Florida Department of Agriculture and Consumer Services

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Agriculture Keeps Florida Green

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Bell Pepper Lesson Plan

Background Information- Most dietary guidelines suggest that you make vegetables a major portion of your diet because these low calorie, vitamin packed foods have been linked to lower cholesterol, less heart disease and improved digestion. http://www.theportionplate.com/?gclid=CPOnj5r5g7ICFUnL7Qod-hAAhQ

Bell Peppers are a good source of Vitamins A ,C, E, K,and Vitamin B6 which help to protect against damage by free radicals which are responsible for many diseases. Bell Peppers are also a good source of fiber. Peppers begin as a green color and turn to orange then red as they remain longer on the plant. Red bell peppers have the best nutritional value.

Herbie is the main character in this vegetable series. His mother, Violet is teaching him how to be healthy by eating foods that have rich vitamin and mineral value.

Next Generation Sunshine State Standards- SC.3.L.14.1, SC.2.L.14.1, SC.3.L.14.2, LACC.2.W.3,

Engage

1.Display 3 items that are the same but have different colors. ex: 3 different colors of erasers, pencils, marbles etc.). Students discuss the similarities/differences and complete a Venn diagram or graphic organizer.

2. Students locate other sets in the classroom. Use thumbs up/down if the set follows the rule. (Same item but in 3 different colors).

Explore

1 .Introduce the character Herbie and discuss his quest to learn about foods that are good for your body.

Explain

1. Herbie wants to learn more about bell peppers. Explain that bell peppers go through a process in their growth, by starting as green peppers, turning orange and finally red. Red peppers have the sweetest taste and the most nutrients.
2. Draw the connection between the color of the peppers and the point value on the activity sheets. The more peppers students use (each pepper counts as 2 points) in creating their maze path, the more points/nutritional value their peppers will accumulate. The created maze may not retrace over any path. Avoid the free floating disease (radicals) squares!

Elaborate

1. Display 3 bananas that are in different stages of becoming ripe. Encourage students to explain how this is similar to the bell peppers.
2. Make green/yellow/red bell peppers with paper. To reinforce the pepper's nutrient value, use the different colors to indicate group participation. Ex-"Table 2 has earned a yellow bell pepper and table 4 is still at green".
3. Plant bell pepper seeds.
4. Find bell pepper recipes and prepare a dish.

Evaluate

1. Complete the vegetable activity sheet.
2. "An apple a day keeps the doctor away". What does this mean? Can a bell pepper keep the doctor away?
3. For one week, keep a chart of the vegetables eaten daily.

Literature connection

Ruth Kraus-The Carrot Seed, Lois Ehlert- Planting a Rainbow, Eve Bunting-Sunflower House, Lois Ehlert'-Growing Vegetable Soup, Malachy Doyle-Jody's Beans, Grace Lin. Charlesbridge-The Ugly Vegetables, George Shannon-Busy in the Garden

References

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