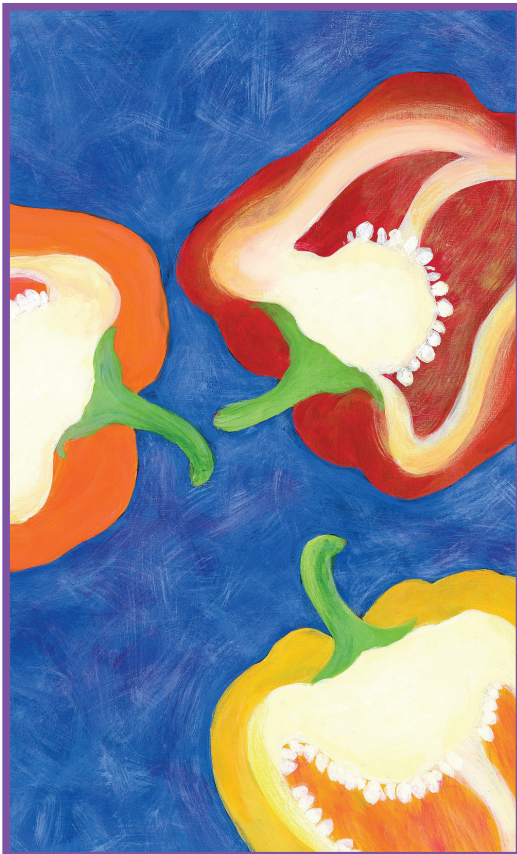


BELL PEPPERS

- The wild pepper plant originated near Bolivia and Peru about 9,000 years ago.
- The pepper plant is a member of the “nightshade” family, which also includes tomatoes and potatoes.
- Bell Peppers are an excellent source of both vitamin A and vitamin C. Vitamin C helps fight infection.
- By weight, green bell peppers have twice as much vitamin C as citrus fruit. Red bell peppers have three times as much. Hot peppers contain even more—357% more vitamin C than one orange!



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



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MATH: Measuring Madness

Supplies needed:

Various-sized bell peppers, measuring devices (ruler, string, and scale), and paper and pencil for recording measurements.

1. Place a few bell peppers at each table.
2. Ask students to measure the length, width, diameter, circumference, radius, and weight of their peppers and record their findings.
3. As a class, make various charts to compare and contrast the bell peppers.



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