



# Bell Peppers

**Lakota: yamnúmnugǎ thózi**

## Lesson Plan

### Objectives

- Participants will identify bell pepper as a vegetable from MyPlate.
- Participants will increase knowledge in growing bell peppers as well as the selection, storage and preparation of bell peppers.
- Participants will demonstrate the use of bell peppers and the skills needed to prepare a recipe.

### Items Needed for the Lesson

- My Plate Poster
- ½ cup measure
- Parts of a plant visual
- Fresh bell pepper to identify variety and size
- Nutrition Facts for bell peppers

### Handouts or Take Home Items

- Pick It, Try It, Like It Handout for bell peppers with recipe
- Additional recipe card for alternate recipe

### Recipe Choices

- Recipe – Stuffed Green Bell Peppers
- Alternate Recipe – Peppers and Zucchini

### Facts to Share with Students

- Start with Ice Breaker – guess the fruit or vegetable
- How to grow bell peppers in a garden and how to harvest bell peppers
- Plant life cycle
- How to choose, store and use
- Why we should eat bell peppers
- Using bell peppers in a recipe

### Cooking and Food Safety Skills

- Wash hands for 20 seconds
- Washing fruits and vegetables
- Steam
- Knife Safety
- Microwave Safety
- Stovetop Safety
- Oven Safety
- Kitchen terms: Sauté

### **Supplies for Bell Pepper Lesson**

- Stuffed Bell Peppers
  - » Knife
  - » Cutting board
  - » Measuring spoons
  - » Can opener
  - » Measuring cups
  - » Microwave
  - » Microwave safe dish with lid or plastic wrap
  - » Skillet
  - » Spatula
  - » Oven
  - » Baking pan
  - » Spoon
  - » Oven mitts
- Peppers and Zucchini
  - » Knife
  - » Cutting board
  - » Measuring spoons
  - » Skillet
  - » Spatula

### **Notes**

- If preparing the Stuffed Green Peppers save time in prep by cooking the rice before class.

What You Say:	What you do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> <li>• It is a member of the nightshade family</li> <li>• It originated in South America</li> <li>• It is an excellent source of vitamin C</li> <li>• It can be found in a variety of colors</li> <li>• You can make the spice paprika by drying the red versions of these</li> </ul> <p>(Answer: Bell pepper)</p>	<p>Name off each clue, allow a few guesses before moving on to the next clue.</p> <p>After someone guesses the answer, or you tell them, show them visuals of bell pepper</p>
<p>We should be filling half our plates with fruits and vegetables. Depending on your age and gender we should be eating between 1-3 cups of vegetable a day. (refer to the daily vegetable charts for specific age groups)</p>	<p>Point to MyPlate poster</p>
<p>Different vegetables come from different parts of the plant. Vegetables are either a root, stem, leaf, fruit, flower, or seed.</p> <p>What part of the plant do you think bell pepper is? (Answer: fruit)</p> <p>A bell pepper is a vegetable when talking about food groups but it is a fruit when we're talking about parts of plants. Why do plants have fruit? (Answer: Fruits protect the seeds of the plants. When the fruits fall off of the plant, the fruit will dry up or rot and the seeds will go into the ground. Sometimes animals will eat the fruits of the plant and either drop the seeds or eliminate them).</p> <p>All plant go through a cycle. They start as a seed, the seed germinates and turns into a plant, the plant produces flowers, the flowers change into fruits and the fruits contain the seeds that go into the ground and start new plants. Sometimes the flowers of a plant and the fruits might be very small.</p>	<p>Show "Parts of Plant" visual, call on people to answer questions.</p> <p>Show Plant Life Cycle to help explain</p>
<p>Peppers belong in the nightshade family and are related to tomatoes, eggplant and potatoes.</p>	

What You Say:	What you do:
<p>Bell peppers thrive in warm weather but can be temperamental if temperatures get too cool at night (below 60 degrees) or too hot at night (above 75 degrees). Peppers need 6-8 hours of full sunlight to produce fruit. Plant peppers when the weather is consistently warmer and there is no threat of frost (usually 2-3 weeks after the last frost). Plant plants 12-24 inches apart in rows 24-36 inches apart. Peppers can be picked green or depending on the variety you can wait for them to full ripen. Tomato cages or stakes can be used to support plants if you are growing a larger variety, make sure to set up the supports shortly after planting to ensure the roots aren't damaged. Peppers can also be planted in pots outdoors.</p> <p>Have you grown peppers before? What kind?</p>	<p>Discuss growing peppers.</p>
<p>When purchasing bell peppers the skin should be firm, the stem fresh and green. Avoid wilted peppers with soft spots. Peppers will last about a week if stored, unwashed in a plastic bag in the refrigerator.</p> <p>Green peppers are usually less expensive. Red peppers are mature green peppers and they have a sweeter flavor than green peppers.</p>	<p>If possibly show a fresh bell pepper.</p>
<p>Before preparing bell peppers to be eaten, wash thoroughly under cold, running water. When cutting bell peppers, you will want to remove the stem, core and seeds. You can use a paring knife to make a circle around the stem to pull the stem, core and seeds out. You can also stand a pepper on it's end (on a cutting board) and cut down 3-4 times, and remove the core stem, and seeds. You'll also want to remove the white membrane.</p> <p>Once peppers are washed and cut, make sure to use up or refrigerate within 2 hours. When refrigerating cut peppers wrap in plastic wrap or place in a sealed container.</p>	<p>If possible demonstrate removing the core, stem and seeds from a bell pepper.</p>



= for adults or older youth

What You Say:	What you do:
<p>Bell peppers store well frozen. A method called “tray freezing” is the best way to preserve bell peppers. To do this, remove the stems and cut peppers in half, remove the seeds and the white soft membrane. Cut the peppers into strips or dice. Freeze peppers in a single layer on a baking sheet for about an hour (or until frozen). Transfer the frozen peppers to a freezer bag, removing any excess air. This method will keep the peppers from sticking together, you will be able to take out peppers as needed. Bell peppers will last approximately 8 months in the freezer.</p> <p>Have any of you ever used the tray method to preserve peppers?</p>	<p>Discuss tray method</p>
<p>Why should we eat we eat bell peppers? Bell peppers are high in vitamin C, you get 200% of you daily value of vitamin C from a ½ cup serving of bell peppers! The brighter the color the higher the vitamin C. Vitamin C is important in helping wounds heal. Red bell peppers are also an excellent source of vitamin A.</p>	<p>Discuss benefits of eating, look at nutrient chart.</p>
<p>What are some ways you have eaten bell peppers? (If no one is talking, you can say: bell peppers can be eaten raw in a salad or with a dip. Used as a main ingredient. Roasted).</p>	<p>Discuss different ways to eat bell peppers</p>
<p>Have you ever roasted peppers?</p> <p>To roast peppers you can char them under the broiler until the skin is black (turn a few times with tongs); take out of the oven and place in a bowl or a pan and cover the pepper for 15 minutes. The steam will loosen the charred skin. Peel the pepper over a bowl to catch the juices. Be careful the pepper will still be hot.</p>	<p>Discuss roasting peppers</p>
<p>Are you ready to try out the recipe?</p> <p>What is the first thing we always do before preparing food? (Answer: wash hands)</p>	<p>Call on someone for the answer.</p> <p>This is a good time to go over handwashing rules</p>



= for adults or older youth

## Use this page if you are going to prepare Stuffed Bell Peppers

### Equipment Needed

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"> <li>• Knife</li> <li>• Cutting board</li> <li>• Measuring spoons</li> <li>• Can opener</li> <li>• Measuring cups</li> </ul> | <ul style="list-style-type: none"> <li>• Microwave</li> <li>• Microwave safe dish with lid or plastic wrap</li> <li>• Skillet</li> <li>• Spatula</li> </ul> | <ul style="list-style-type: none"> <li>• Oven</li> <li>• Baking pan</li> <li>• Spoon</li> <li>• Oven mitts</li> </ul> |
|--|---|---|

What You Say:	What You Do:
<p>Today we're going to make Stuffed Bell Pepper. If we look at the ingredients in this recipe, how many food groups do we have? Which ones?</p> <p>(Answer: 4. Vegetables-bell pepper, onion, and celery; protein-kidney beans; grains- rice; dairy- cheese)</p>	<p>Call on people</p>
<p>Before cutting the peppers and celery, we will need to wash them.</p> <p>We will be cutting the tops off of the peppers so we can stuff them. We will also be chopping the onion and celery.</p> <p>What does it mean to chop?</p> <p>(Answer: to cut into small pieces)</p>	<p>Refer to knife safety in resource section</p>
<p>We will also be using the microwave to steam our peppers, the stovetop to cook the filling and the oven to bake the stuffed peppers.</p>	<p>Refer to microwave safety, stovetop, and oven safety in resource section.</p>
<p>*cook rice ahead of time</p>	<p>Prepare recipe with participants</p>

# Use this page if you are going to prepare Peppers and Zucchini

## Equipment Needed

- Knife
- Measuring spoons
- Spatula
- Cutting board
- Skillet

What You Say:	What You Do:
Today we are going to make Peppers and Zucchini	Pass out the recipes.
As we talked about earlier, when we look at MyPlate, half our plate is fruits and vegetables. We should be eating between 1 to 3 cups of vegetables per day depending on our age and gender.	Refer to the daily vegetable for age and gender specific recommendations.
We will need to wash our vegetables under cold running water before cutting them.	Refer to washing produce and knife safety in resource section.
We will be sautéing the zucchini. What does it mean to sauté? (Answer: To cook or brown food in a small amount of fat)	Call on people  Refer to stovetop safety in reference section.  Prepare recipe



## Visuals



**Bell peppers growing on the plant**



**Paprika is a spice.  
It is made from dried red peppers.**



**Bell peppers can be found in a  
variety of colors**



**The inside of a bell pepper**



## Bell Peppers Nutrition Information

Types	Serving Size/ Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
<b>Green Bell Peppers</b>	½ cup, chopped 75 g	15	1.3	1.3	60	130	8
<b>Yellow Bell Peppers</b>	½ cup, chopped 75 g	19	1.5	1.5	142	157	13
<b>Red Bell Peppers</b>	½ cup, chopped 75 g	20	0.7	0.7	138	159	20
<b>Daily Recommendations</b> <b>RDA=Recommended daily allowance</b> <b>AI=Adequate intake</b>	1-2 cup servings of fruit per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3000-4700 mg)	RDA (depending on age) ranges from 150-400 mcg)

## Daily Fruit Table

Daily Recommendation*		
<b>Children</b>	2-3 years old	1 cup
	4-8 years old	1 to 1 ½ cups
<b>Girls</b>	9-13 years old	1 ½ cups
	14-18 years old	1 ½ cups
<b>Boys</b>	9-13 years old	1 ½ cups
	14-18 years old	2 cups
<b>Women</b>	19-30 years old	2 cups
	31-50 years old	1 ½ cups
	51+ years old	1 ½ cups
<b>Men</b>	19-30 years old	2 cups
	31-50 years old	2 cups
	51+ years old	2 cups

## Daily Vegetable Table

Daily Recommendation*		
<b>Children</b>	2-3 years old	1 cup
	4-8 years old	1 ½ cups
<b>Girls</b>	9-13 years old	2 cups
	14-18 years old	2 ½ cups
<b>Boys</b>	9-13 years old	2 ½ cups
	14-18 years old	3 cups
<b>Women</b>	19-30 years old	2 ½ cups
	31-50 years old	2 ½ cups
	51+ years old	2 cups
<b>Men</b>	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	2 ½ cups

## Daily Dairy Table

Daily recommendation		
<b>Children</b>	2-3 years old	2 cups
	4-8 years old	2 ½ cups
<b>Girls</b>	9-13 years old	3 cups
	14-18 years old	3 cups
<b>Boys</b>	9-13 years old	3 cups
	14-18 years old	3 cups
<b>Women</b>	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups
<b>Men</b>	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups

\*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate.

<https://www.choosemyplate.gov>



## Oven Use and Safety

- Position oven racks before preheating the oven.
- Give your oven time to preheat to the proper temperature before placing the food to be cooked in the oven.
- Bake items on a rack placed in the middle of the oven for more even cooking.
- Keep a close eye on food cooking inside an oven.
- Use potholders or oven mitts when handling hot pots, pans or baking sheets. Do not use a dish towel for a potholder.
- Place hot dishes on a hot pad or cooling rack after taking them from the oven so they do not burn counter or table tops.
- If there is an oven fire, turn the oven off and keep the oven door closed. Call for emergency help.





## Stove Top Safety

1. Choose a pan and burner that are similar in size.
2. Turn the pan handles in. If they are turned out, they can be pulled and/or knocked over.
3. Keep oven mitts, cloth and paper away from the burners.
4. Steam can burn just like hot liquid or a hot burner. Lift the lid away from you when removing it from a pan of hot or boiling liquid, so you don't get burned with the steam.
5. Never leave the stove unattended when cooking.
6. Remember to turn the stove off when you're finished using it.





## Handwashing

Washing hands often and properly helps kill harmful bacteria. We need to wash our hands before starting to work in the kitchen and prior to handling food. To wash properly follow these steps:

1. Wet hands well with warm water.
2. Add soap.
3. Scrub hands, wrists, fingernails, and between fingers for at least 20 seconds. To measure 20 seconds, sing the Happy Birthday song twice OR sing the ABC song.
4. Rinse hands thoroughly.
5. Dry hands with a clean paper towel.
6. Use the paper towel to turn the water off.
7. Discard the paper towel.





## Knife Safety

1. Always cut away from you and use a cutting board.
2. Keep knife blades sharp and clean.
3. Keep the knife handle clean.
4. Never place knives in the dish water, as they can injure the person washing dishes.
5. When wiping a knife blade, point the cutting edge away from your hand.
6. Do not lay knives close to the edge of the counter.
7. If a knife falls, do not try to catch it.
8. When done using them, return clean knives back to their proper storage areas.



## Cutting Boards

1. Choose a cutting board with a smooth, hard surface.
2. Replace your cutting board when it has lots of grooves and scratches.
3. Do not chop fruits, vegetables or other ready-to-eat foods on a cutting board that was used for meat, unless you wash it first. If possible, use a different board for meats than you use for ready-to-eat foods.
4. Scrub cutting boards with hot, soapy water after each use.
5. Dishwashers are good cleaners if the cutting board is dishwasher safe – thin plastic and wooden cutting boards may be damaged in the dishwasher.
6. Make sure cutting boards are completely dry before putting them away.



## Using a Microwave Oven

- Do not run a microwave oven empty.
- Only use cookware that is labeled safe for microwave use. Do not use plastic storage containers, such as margarine or whipped topping containers, in the microwave.
- Do not use metal or foil in the microwave.
- Cover foods with a lid or plastic wrap to hold in moisture and to provide even heating. Do not let the plastic wrap touch the food that is being microwaved.
- Stir or rotate food halfway through the cooking time for even cooking and to eliminate cold spots.
- In order to finish cooking, let food stand for a few minutes after being removed from the microwave.





## **Washing Fruits and Vegetables**

- Start with clean hands. Wash hands for 20 seconds with soap and water before and after preparing fresh produce.
- All fruits and vegetables should be washed before eating. This includes produce purchased from the grocery store, farmer's market, or produce grown at home.
- Wash fruits and vegetables under cool running water just before eating, cutting or cooking.
- Even produce that is going to be peeled before eating needs to be washed first.
- Scrub firm produce, such as melons, cucumbers and carrots with a clean produce brush.
- After washing, dry the produce with a clean cloth or paper towel, this may remove even more bacteria that may be present.
- Cut away any bruised or damaged areas before preparing or eating. Produce that is moldy or that looks rotten should be thrown away.





## References:

- [https://cals.arizona.edu/fps/sites/cals.arizona.edu.fps/files/cotw/Sweet\\_Pepper.pdf](https://cals.arizona.edu/fps/sites/cals.arizona.edu.fps/files/cotw/Sweet_Pepper.pdf)
- <https://ohioline.osu.edu/factsheet/hyg-1618>
- <https://food.unl.edu/freezing-sweet-bell-and-hot-peppers>
- <https://forsyth.ces.ncsu.edu/files/library/34/bell%20pepper.pdf>

## Recipe

- <https://extension.umaine.edu/publications/4181e/>
- Lakota word translate by Jeshua Estes