



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



Summer

Bell Pepper

Lakota: yamnúmnuǵA thózi

Preschool Lesson Plan

Objectives

Participants will:

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

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Visuals of bell peppers – bell pepper plant, bell peppers of various colors, good quality bell pepper
- Fresh bell pepper
- 1 cup and ½ cup measuring cups

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

Recipe Choices

- Peppers and Zucchini

Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Knife Safety and Cutting Boards
- Stove Top Safety

Supplies for Bell Pepper Lesson

- Peppers and Zucchini
 - » Knife
 - » Cutting board
 - » Measuring spoons
 - » Skillet
 - » Spatula

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"> • These originated in South America. • They are an excellent source of Vitamin C. • They can be green, red, orange or yellow. • Some people like to slice them into pieces and eat them raw. <p>(Answer: Bell pepper.)</p>	<ul style="list-style-type: none"> • Name off each clue, allow a few guesses before moving on to the next clue. • After someone guesses the answer, or you tell them, show them visuals of bell pepper.
<p>How many of you have seen this before?</p> <p>MyPlate shows us how to eat healthier by dividing a "plate" into parts and using different colors and sizes for each of the food groups. Orange is for grain foods, Purple is for protein foods, Green is for vegetables, Red is for fruits, and the round Blue part by the plate is for dairy foods, like milk.</p> <p>Can you see that half of the plate is fruits and vegetables?</p> <p>That is what our plate should look like on most days – half full of fruits and vegetables.</p>	<ul style="list-style-type: none"> • Point to the MyPlate poster. Show the different parts and colors. • Point out that half of the MyPlate is fruits and vegetables.
<p>What food group do bell peppers come from? (Answer: Vegetable – the green part on MyPlate.)</p> <p>Can anyone name some other vegetables?</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Allow students time to share. Tell them that these vegetables are also from the green section on MyPlate.
<p>Kids in preschool should be eating 1 cup of vegetables each day. Kids in kindergarten should be eating 1 ½ cups of vegetables a day.</p>	<ul style="list-style-type: none"> • Show preschool children a one cup measure. Show kindergarteners a one cup measure and a one-half cup measure. • Explain that this is how much 1 cup and 1 ½ cup are.
<p>Different vegetables come from different parts of the plant. Vegetables may be the root, stem, leaf, fruits, flower or seed.</p> <p>What part of the plant do you think a bell pepper is? (Answer: Fruit.)</p> <p>A bell pepper is a vegetable when talking about the food groups from MyPlate but it is the fruit of a plant when talking about the parts of a plant.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. Show the Parts of a Plant visual. • Again, show the MyPlate and the Parts of a Plant visuals.

What You Say:	What You Do:
<p>Have you ever grown peppers in your garden or have you seen peppers growing in a garden?</p> <p>Gardeners usually buy pepper plants that are started in a greenhouse and plant them in their garden. Pepper plants need six to eight hours of full sunlight to produce peppers.</p>	<ul style="list-style-type: none"> • Show a visual of a pepper plant.
<p>When purchasing bell peppers at the grocery store, the pepper should have a fresh stem and should be firm. Do not choose peppers that have soft spots or that look wrinkled or wilted.</p> <p>Peppers should be stored in the refrigerator in a plastic bag. They can be stored in the refrigerator for about seven days.</p>	<ul style="list-style-type: none"> • Show a visual or if possible a fresh pepper with good qualities.
<p>Peppers come in different colors. Have you seen peppers that were red, orange or yellow?</p> <p>Red peppers started out as green peppers and their color changed. Red peppers taste sweeter than green peppers.</p>	<ul style="list-style-type: none"> • Show visuals or actual peppers of different colors.
<p>Before eating bell peppers, what do we need to do to them? (Answer: Wash them.)</p> <p>Wash bell pepper will under cold, running water.</p> <p>When cutting bell peppers, you want to take out the stem, the inside core and the seeds. You can use a small, sharp knife to make a circle around the stem and then pull out the stem, core and seeds.</p> <p>You can also stand the pepper up, make three or four cuts down the pepper and remove the core, stem and seeds.</p> <p>There is also some white parts inside the pepper that you can remove.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Demonstrate washing a bell pepper. • Demonstrate removing the stem, core and seeds from a bell pepper.
<p>What are some things we want to remember when using a sharp knife? (Possible answers: Ask permission or have an adult help, cut away from ourselves, use a cutting board, keep fingers away from the sharp part of the knife, keep knives away from the edge of the counter.)</p>	<ul style="list-style-type: none"> • Allow discussion. Review knife safety.

What You Say:	What You Do:
<p>Have any of you eaten bell peppers before?</p> <p>How did you eat them?</p> <p>How did they taste? Did you eat green peppers or another color?</p> <p>Pepper can be eaten raw, dipped in low-fat dip, put in sandwiches, roasted in the oven or used in salads, stir-fries or hot dishes.</p>	<ul style="list-style-type: none"> Allow students to share about eating peppers.
<p>Why should we eat bell peppers?</p> <p>Bell peppers have lots of vitamin C in them. Vitamin C helps our cuts and bruises to heal.</p>	
<p>Are you ready to try a recipe that uses bell peppers?</p> <p>What is the first thing we need to do before making or eating food?</p> <p>(Answer: Wash hands.)</p>	<ul style="list-style-type: none"> Review Handwashing skill sheet.

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

Equipment Needed

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

What You Say:	What You Do:
<p>Today we are going to be making Peppers and Zucchini.</p> <p>Let's read the recipe to see what steps we will be doing and to make sure we have all of the things that we need.</p>	<ul style="list-style-type: none"> • Read the recipe to the students. • Show each ingredient as it is read.
<p>As we talked about earlier, when we look at MyPlate, half of our plate should be fruits and vegetables.</p> <p>What food group do peppers and zucchini come from? (Answer: Vegetables, the green section on MyPlate.)</p>	<ul style="list-style-type: none"> • Show the MyPlate visual.
<p>We will need to wash the peppers and zucchini.</p> <p>How do we wash fresh vegetables? (Answer: Under cool, running water.)</p>	<ul style="list-style-type: none"> • Refer to Washing Fruits and Vegetables
<p>The peppers and zucchini need to be cut into small pieces.</p> <p>We will be using a knife and cutting board to do this step.</p> <p>What are some things we need to remember about using sharp knives?</p>	<ul style="list-style-type: none"> • Go over Knife Safety and Cutting Boards.
<p>The zucchini is going to be cooked on the stovetop in a pan until it starts to get soft.</p> <p>The garlic will be added to the zucchini and then the peppers will be added. We can add some pepper to season the vegetables. This is best served hot.</p>	<ul style="list-style-type: none"> • Review Stove Top Safety.
<p>This recipe can used green, red, orange or yellow peppers or it can have more than one color of pepper in it. It can be very colorful.</p>	

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)
Green Bell Peppers	½ cup, chopped 75 g	15	1.3	1.3	60	130	8
Yellow Bell Peppers	½ cup, chopped 75 g	19	1.5	1.5	142	157	13
Red Bell Peppers	½ cup, chopped 75 g	20	0.7	0.7	138	159	20
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-4 cup servings of vegetables 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 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



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BELL PEPPER



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

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Bell Pepper Sources

Information

- cals.arizona.edu/fps/sites/cals.arizona.edu.fps/files/cotw/Sweet_Pepper.pdf
- ohioline.osu.edu/factsheet/hyg-1618
- food.unl.edu/freezing-sweet-bell-and-hot-peppers
- Postharvest Cooling and Handling of Peppers, NC State Extension Publications, content.ces.ncsu.edu/postharvest-cooling-and-handling-of-peppers

Recipe

- extension.umaine.edu/publications/4181e/
- Lakota word translated by Jeshua Estes

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Pick it!

Come in a variety of shapes, sizes and colors such as red, orange, yellow, purple and green.

Skin should be firm, stem fresh and green. Avoid soft spots or wilted peppers.

A red pepper is a mature green pepper with a sweeter, milder flavor.

Refrigerate unwashed peppers in a plastic bag for up to 1 week.

Green peppers are least expensive.



Try it!

Add cooked peppers to pasta, Chinese or Mexican dishes.

Main ingredient in Louisiana Creole, Cajun, Italian and Mediterranean cooking.

For roasted peppers, char under a broiler until skin is black and blistered; cover for 15 minutes to loosen the charred skins; peel over a bowl to catch the juices.



Types of Bell Peppers

Bell pepper: Flavor becomes sweeter and milder with age. Changes from green to yellow to red.

Jalapeno and serrano peppers: Smaller but spicy cousins.



Did you know...

Vitamin C helps form collagen, scar tissue, blood vessels, bones and aids in wound healing.

Like it!

Stuffed Green Peppers

Ingredients

- 6 medium green peppers
- ½ cup onion, chopped
- ½ cup celery, chopped
- ¼ teaspoon garlic powder
- 2 Tablespoons olive oil
- 1 (16 ounces) can kidney beans
- 2 cups brown rice
- ¼ teaspoon black pepper
- ½ cup cheddar cheese, grated

Directions

1. Cook rice and set aside.
2. Remove pepper tops and seeds. In a microwave safe dish, cover and steam peppers with 2 inches of water for 5 minutes.
3. Heat oil in a saucepan and add onion and celery. Cook until soft. Add remaining ingredients.
4. Place peppers on a baking pan and spoon ½ cup filling into each pepper. Sprinkle with grated cheese on top.
5. Bake at 350 degrees F for 10-15 minutes.

Yields 6 servings

Nutrition Facts per Serving:
Calories 250; Fat 9g; Cholesterol 10mg; Sodium 330mg;
Carbs 35g; Fiber 9g; Sugars 5g; Protein 10g

Sources: urbanext.illinois.edu/veggies/peppers.cfm

Peppers and Zucchini

Ingredients

- 4 bell peppers (green, yellow, orange and/or red)
- 4 baby zucchini
- 3 Tablespoons olive oil
- 1 teaspoon minced garlic
- black pepper to taste

Directions

1. Wash peppers and cut into 1 inch pieces. Quarter the zucchini lengthwise and cut into 1 inch pieces.
2. Heat the oil and saute zucchini and peppers for 4-5 minutes, until lightly browned.
3. Stir in garlic and cook for 30 seconds.
4. Season with pepper to taste and serve hot.

Yields 6 servings

Nutrition Facts per Serving: (½ cup)
Calories 100; Total Fat 7g, Saturated Fat 1g, Trans Fat 0g;
Cholesterol 0mg; Sodium 10mg; Total Carbohydrates 7g, Dietary Fiber 3g, Total Sugars 4g, Includes 0g Added Sugars; Protein 2 g

Sources: extension.umaine.edu/publications/4181e/

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