



## Out-of-School Time Learning Plan Bell Peppers

### Harvest Out-of-School Objectives

Participants will review which plant part bell peppers are from  
Participants will review the health benefits of bell peppers  
Participants will make a bell peppers out-of-school time snack



### Harvest Out-of-School Review

- Hold up the bell pepper and ask the participants if they remember, from school:
  - what it is called (bell pepper)
  - what type of plant part bell peppers come from (after pollination, bell pepper flowers swell to become the bell peppers we eat.)
  - what food category it is in (botanically it is a fruit because there are seeds inside, but culinarily many consider it to be a vegetable)
- Review with them how bell peppers grow (the flowers grow from the stems), why we should eat bell pepper (heals cuts, healthy immune system—prevents colds, healthy muscles, healthy eyes, and healthy brain) and how to pick good bell peppers (the bell peppers should be firm and the skin should be shiny). Please see the next pages for images to share with them.

### Harvest Out-of-School Brainstorm—What else comes in many colors? (red, yellow & green)

- Hold up three bell peppers, one of each color, and ask the participants, what is a specific item they see every day (while driving) that has red, yellow and green on it? Allow participants 1-2 minutes to visit about their ideas with a partner and write/sketch their brainstorms. If time permits, have a group discussion about their ideas.

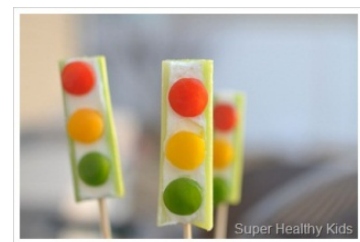
### Harvest Out-of-School In Action

**Rule of 15** “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

#### Pepper Stop Lights (for 10 participants)

(Adapted from <http://www.superhealthykids.com/healthy-kids-recipes/sweet-and-savory-stop-lights.php>)

- 1 Bunch celery
- 1 16 oz container of cream cheese (or peanut butter, or hummus, or guacamole)
- 2 Red, 2 yellow, and 2 green bell peppers
- 10 Plastic Knives
- 5 Sharp Knives
- 5 Cutting Boards
- 1 Plate (per participant)
- Metal Frosting Tips (optional—for “cutting” small circles)



General Directions: Using cream cheese, or other spread, fill a celery piece and add circularly cut bell peppers to create a “stop light.”



## Out-of-School Time Learning Plan Bell Peppers

1. All participants should wash their hands.
  - a. Wet hands with warm water
  - b. Apply hand wash (soap)
  - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
  - d. Rinse both sides of hands with water all the way up to the wrists
  - e. Dry hands and shut off faucet with towel
2. Rinse the celery by holding it under running water so all stalks and surfaces have been rinsed. Cut off the bottom of the celery, so all the celery ribs are separate pieces. Demonstrate how to cut the celery ribs into small 3-inch pieces. Hold the celery rib in one hand on the cutting board. Show them how to hold the knife handle properly and how to roll their fingers under, so their fingertips are protected. Have 2 participants cut 20-30 celery pieces.
3. Rinse the peppers by holding them under running water and rubbing the entire surface to remove any soil. Using the same cutting techniques in #2, demonstrate how to cut the peppers in half and remove the seeds. Show the participants how to cut small circles out of the different colored peppers. (NOTE from website: "I saw a frosting tip (the metal Wilton tips.) I used the backside as a cookie cutter, and the peppers cut out to be the perfect size, with a clean edge!") If you do not have frosting tips, show them how to hold the knife handle properly and how to roll their fingers under, so their fingertips are protected. Hold a half of a pepper on the cutting board and cut out a small circle. Have 3 participants cut 20-30 small circles of each color.
4. Have 1 participant count out 10 plates, open the cream cheese, and set-up the eating area (wiping tables and chairs.)
5. Have 4 participants place the cut celery and pepper pieces on each plate.
6. After all the cutting is done have each participant create about 2-3 pepper stop lights using the cheese, or other filling, and bell pepper pieces on his/her plate. Did anyone have the correct brainstorm? Enjoy!

### Harvest Out-of-School Wrap-Up

- After trying the bell peppers, have the participants record in their HOM journal on their "Like" "Don't Like" table where they put bell peppers.
- On their "Why we should eat..." page have the participants record one health benefit of bell peppers.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, how could they eat a rainbow in one meal? What red food could they eat? Orange? Yellow? Etc.

## How do Bell Peppers grow?

Bell peppers grow on a plant.

After pollination, the bell pepper flowers swell into the bell peppers we eat.



## Why should we eat Bell Peppers?

### Vitamin A



Healthy eyes

### Iron



Healthy muscles

### Vitamin C



Healthy immune system (prevents colds)

### Vitamin B<sub>6</sub>



Healthy brain

### Vitamin K



Heals cuts