

ALL ABOUT GREEN BELL PEPPERS

HEALTH BENEFITS:
PEPPERS ARE LOADED WITH...

FIBER
Keeps your belly full throughout the day

VITAMIN A
Promotes healthy eyes and skin

VITAMIN C
Boosts your immune system and helps fight sickness

ABOUT THE PEPPER PLANT

- Peppers are a warm weather crop, they are planted in the spring and produce through the hot summer and into the early fall in South Carolina
- Peppers are the fruit of the plant because they hold the seeds
- There are many varieties of peppers ranging from sweet to super spicy! Some of the varieties are listed below in the word search...

WORD BANK

BANANA
CHILI
JALAPEÑO
BELL

O Y C B N C L O B S
S G D K O H Ñ P E T
C Q U Y C E O J L T
S H D S P R G Y L O
S O I A B A N A N A
W K L L L S G R Q J
X A D B I A S O L B
J G O C N S S G Q F
A W B F P Y V C J P
J I J T Q N C Z T W

