EAT YOUR PEPPERS

Nutrition Facts	
Serving Size: ½ cup chopped sweet green pepper (74g)	
Calories 15	Calories from Fat 1
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 1g	
Vitamin A 5%	Calcium 1%
Vitamin C 99%	Iron 1%

Scrambled Peppers

Oh no! The names of these popular pepper varieties are scrambled. Unscramble the letters and circle if the variety is a sweet or hot (chili) pepper. *(answers below)*

banana	**cayenne**	**cherry**	**green bell**
habañero	**jalapeño**	**pimento**	**red bell**

1. ñpaolaejp _____ (sweet / hot)
2. aabnna _____ (sweet / hot)
3. lelrebd (2 words) _____ (sweet / hot)
4. yancene _____ (sweet / hot)
5. rehñaoba _____ (sweet / hot)
6. brleelgen (2 words) _____ (sweet / hot)
7. rycehr _____ (sweet / hot)
8. oimtpen _____ (sweet / hot)

Answers: 1) jalapeño (hot), 2) banana (sweet), 3) red bell (sweet), 4) cayenne (hot), 5) habañero (hot), 6) green bell (sweet), 7) cherry (hot), 8) pimento (sweet)

Reasons to Eat Peppers

A ½ cup of sweet peppers (green, yellow, and red varieties) has lots of vitamin C. Eating sweet red peppers is also a good way to get vitamin B_6. Vitamin B_6 helps your body build healthy blood cells.

Vitamin B_6 Champions:*
Avocados, bananas, hot peppers, sweet red peppers, and potatoes.

*Vitamin B_6 Champions are a good or excellent source of vitamin B_6.

How Much Do I Need?

A ½ cup of chopped peppers is about one cupped handful or one small pepper. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how many cups you need. Remember to eat a variety of colorful fruits and vegetables throughout the day. And don't forget your 60 minutes of physical activity every day!

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	**Teens and Adults, Ages 13 and up**
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day.
Visit **www.mypyramid.gov/kids** to learn more.

CHAMPIONS for CHANGE
Network for a Healthy California

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663.
Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.
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EAT PUMPKINS

Name That Squash

Pumpkins are a type of winter squash. Winter squash have thick, hard skins that you can't eat. (Summer squash have thin skins that you can eat.) List four kinds of winter squash and draw a star next to your favorite.

1. _____

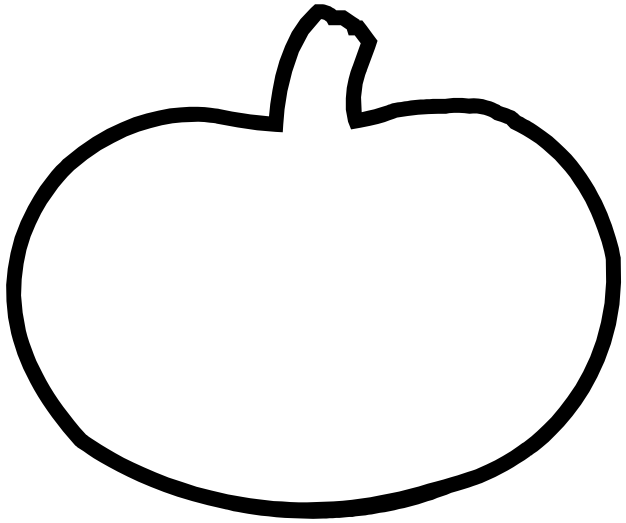
2. _____

3. _____

4. _____

JACK-O-LANTERN ART

Use the pumpkin below to draw the face of your pumpkin – make it happy, silly, scary or whatever you like! Then share your art with an adult who can help you carve it into a real pumpkin.



Answers will vary: pumpkins, acorn, banana, butternut, calabaza, delicata, hubbard, kabocha, spaghetti, and turban squash varieties.

Reasons to Eat Pumpkins

Eating a ½ cup of cooked pumpkin will give you lots of vitamin A. Vitamin A is good for you because it helps keep your eyesight healthy, help your body fight infections, and helps keep your skin healthy. You can eat pumpkins in many ways including cooked, mashed, steamed, in soups or even breads. Canned pumpkin has many of the same nutrients as fresh pumpkins.

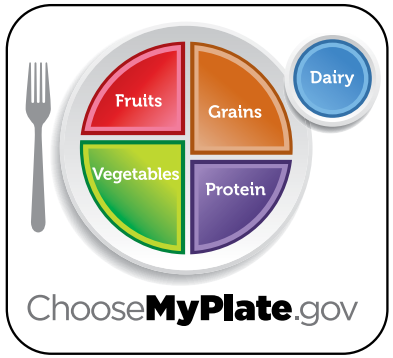
Vitamin A Champions*:
Canned pumpkin, carrots, cooked greens, cooked spinach, fresh pumpkin, sweet potatoes, and winter squash.

*Vitamin A Champions are an excellent source of vitamin A (provide at least 20% Daily Value).

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day.

Make half your plate fruits and vegetables to reach your total daily needs!



Nutrition Facts

Serving Size: ½ cup pumpkin, cooked, (85g)

Calories 24	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 1g	
Vitamin A 122%	Calcium 2%
Vitamin C 10%	Iron 4%

CHAMPIONS for CHANGE
Network for a Healthy California

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.
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BRO-245/Ver. 10/12

Grade Level: 2 to 3

Crack the Code:
Discover the Secret to Getting an A+!

Directions: Complete the following problems. Match the answer with the letter in the Code Key Box, and write that letter in the blank. Each column is one word. Penny adds, “You can time yourself to see how speedy you are, and then try again later to see if you’ve improved!”

4 x 3 =	2 x 2 =	36 x 1 =	2 x 3 =	5 x 6 =	12 x 2 =	6 x 6 =
8 x 1 =	7 x 2 =	6 x 4 =	8 x 3 =	6 x 2 =	5 x 5 =	12 x 1 =
9 x 4 =	3 x 4 =			5 x 2 =		2 x 9 =
	4 x 2 =			10 x 1 =		4 x 9 =
	3 x 5 =					3 x 6 =
	4 x 7 =					
	1 x 8 =					
	6 x 3 =					
	3 x 12 =					

_ _ _   _ _ _ _ _ _ _ _ _ _   _ _   _ _   _ _ _ _   _ _   _ _ _ _ _!

CODE KEY:	G = 9	N = 25	U = 11
A = 8	H = 22	O = 24	V = 89
B = 4	I = 56	P = 42	W = 30
C = 33	J = 35	Q = 2	X = 5
D = 6	K = 15	R = 14	Y = 50
E = 12	L = 10	S = 18	Z =3
F = 28	M = 16	T = 36	

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MyPlate Portion Sizes for 4-18 Year-olds for Each Food Group

Child's Age	Fruits 	Vegetables 	Grains 	Protein Foods 	Dairy/Calcium rich foods 	Oils Allowance
4-8 yrs	1-1.5 cups	1.5 cups	5 oz equivalents*	4 oz equivalents**	2.5 cups	4 teaspoons
9-13 girls	1.5 cups	2 cups	5 oz equivalents*	5 oz equivalents**	3 cups	5 teaspoons
9-13 boys	1.5 cups	2.5 cups	6 oz equivalents*	5 oz equivalents**	3 cups	5 teaspoons
14-18 girls	1.5 cups	2.5 cups	6 oz equivalents*	5 oz equivalents**	3 cups	5 teaspoons
14-18 boys	2 cups	3 cups	8 oz equivalents*	6.5 oz equivalents**	3 cups	6 teaspoons

*1 oz equivalent of Grains: 1 mini bagel, ½ cup of cooked rice, ½ cup of cooked pasta, or 1 regular slice of bread

**1 oz equivalent of Protein Foods: 1 egg, ½ oz of nuts or seeds, 1 oz of cooked meat/ poultry, fish, ¼ cup of cooked beans, or 1 tablespoon of peanut butter.

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Grade Level: 3 to 5 with teacher or parent assistance

Fun with Food: Cabbage Acid/Base Indicator

Hey kids! Penny, one of our favorite Super Crew members, wants to teach you about how you can use the juice from red or purple cabbage to test whether liquids are an acid or a base.

What You Will Need: about half of a head of red or purple cabbage, a metal grater, a pot big enough to fit all of the grated cabbage, a strainer, another large pot or bowl, an eye dropper, a few test liquids—such as vinegar, baking soda (2 Tbsp in 1 cup water), lemon juice (2 Tbsp in 1 cup water), laundry detergent (2 Tbsp in 1 cup water), or clear soda—and as many small glasses as test liquids

Instructions:

1. Grate all of your cabbage and place it in your pot.
2. Fill the pot with enough water to cover the grated cabbage.
3. Boil your cabbage for about 20-30 minutes. The water will turn a dark purple color.
4. Pour the cabbage into your strainer, but have a large bowl or a pot underneath the strainer so that you can catch all of the liquid.
5. Place each of your test liquids into separate small glasses.
6. Next, using the dropper, add a few drops of the purple liquid from your cabbage to each of the small glasses with test liquids and watch what color the liquid turns. The test liquids that are acids will turn pink, while those test liquids that are bases will turn green! If the test liquid is neither an acid nor a base, the liquid will stay a purplish color.

Why Did That Happen?

Red and purple cabbage get their color from pigments called anthocyanins. When anthocyanins come into contact with an acid or a base, their chemical structure changes, causing a color change.

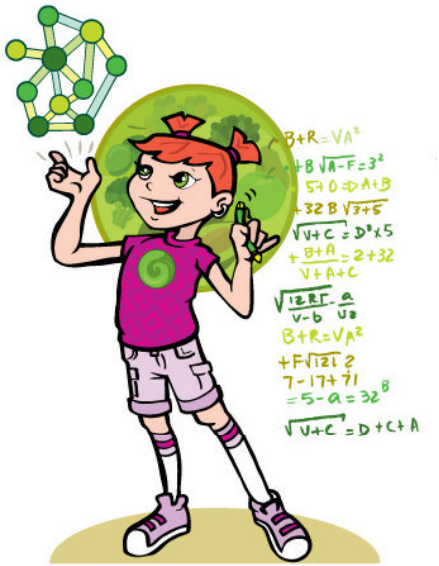
Can you tell which test liquids are acids and which are bases?

Sources: http://www.madsci.org/experiments/archive/859332497.Ch.html
http://www.middleschoolscience.com/cabbage.htm

Grade Level: 3 to 5 with teacher or parent assistance

Fun with Food: Homemade Jam

Hey kids! Jessie, one of our favorite Super Crew members, has the power to change the form of foods. Can you help her make homemade jam from your favorite fruit?



What you will need: an adult to help, about 5-6 cups of your favorite fresh berries, kitchen supplies (bowl, large pot, funnel, large spoon), 1 package of pectin, 5 cups of granulated sugar, clean jars with lids to put the jam in

Instructions:

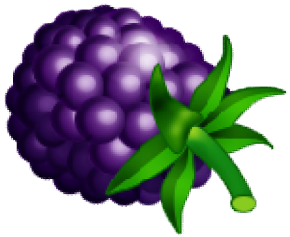
1. Wash the berries to remove any dirt, then gently shake them to remove any water.
2. Mash the berries to make a thick pulp.
3. Place 4 cups of the berry pulp in your large pot.
4. Add one package of pectin to the pulp, then place the pot on the stove and turn the heat to medium-high.
5. Bring the pulp and pectin to a boil, stirring often so that it does not burn.
6. Once the mixture is at a rolling boil (that will not go away with stirring), add 5 cups of granulated sugar all at once.
7. Bring the mixture back to a boil for 2 minutes.
8. Remove the pot from the heat and pour the hot mixture into your jars, filling them to about ¼ inch from the top.

Jessie's Special Tips:

-Try picking your own fresh berries to use. It will be a fun activity to do with your family or friends, and the freshest berries always taste the best!
-Pectin is a natural product that is made from apples. You should be able to find it at grocery stores.
-Make sure to label your jars with the date, so that if you make more on a different day, you can use the oldest jam first!
-If you plan to keep the jam for awhile, seal your jars with paraffin, then cover with the jar lid.

Sources: http://www.ehow.com/how_2001469_make-jam.html
http://www.pickyourown.org/jam.htm

What's So Great About…



ANTHOCYANINS?

They're more than just an acid-base indicator!

- Anthocyanins don't just add a splash of color to your plate; they also may help protect against cancer
- Anthocyanins may help prevent Urinary Tract Infections (UTIs)
- Anthocyanins are a good way to stock up on antioxidants, which may help your memory

BERRIES?

Berry jam is not just yummy. Check out these super facts about what berries can do in your body.

- Berries are packed with Vitamin C to keep you from getting sick
- Berries are full of antioxidants that can help protect against cancer and heart disease

CABBAGE?

Get the juice on what makes cabbage a colorful plus to your diet.

- Cabbage and other cruciferous (cr-ooh-SIF-er-us) veggies can help protect against cancer
- Eating cabbage is one way to get your calcium and iron for the day
- Cabbage is loaded with fiber and Vitamin C—so it keeps you regular and guards you against sniffles

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