



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



Summer

Bell Pepper

Lakota: yamnúmnuǵA thózi

Lesson Plan

Objectives

Participants will:

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

Items Needed for the Lesson

- MyPlate poster
- ½ cup measuring cup
- 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! Preserve It! fact sheet

Recipe Choices

- Stuffed Green Bell Peppers
- Peppers and Zucchini

Cooking and Food Safety Skill Sheets

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

Other Cooking and Food Safety Skills

- Kitchen terms: Sauté, steam, roast
- Tray freezing method

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:
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. • It is a member of the nightshade family. • It originated in South America. • It is an excellent source of vitamin C. • The most common colors are green, yellow, orange and red. • You can make the spice paprika by drying the red versions of these. (Answer: Bell Pepper.)	• 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 a bell pepper.
We should be filling half our plates with fruits and vegetables. Depending on your age and gender we should be eating between 1-4 cups of vegetables a day.	• Point to MyPlate poster.
Different vegetables come from different parts of the plant. Vegetables are either a root, stem, leaf, fruit, flower or seed. What part of the plant do you think a bell pepper is? (Answer: Fruit.) 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.) All plants 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.	• Show Parts of Plant visual, call on people to answer questions. • Show Plant Life Cycle visual to help explain.
Peppers belong in the nightshade family and are related to tomatoes, eggplants and potatoes.	

What You Say:	What You Do:
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. Peppers should be planted when the weather is consistently warm and no more frost. Plant pepper 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 fully 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. Have you grown peppers before? What kind?	• Discuss growing peppers.
When purchasing bell peppers the skin should be firm and the stem should be 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. Green peppers are usually less expensive. Red peppers are mature green peppers and they have a sweeter flavor than green peppers.	• If possible, show a fresh bell pepper.
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 place a pepper on a cutting board and cut down the seams 3-4 times and remove the core, stem and seeds. You will also want to remove the white membrane. Once peppers are washed and cut, make sure to use or refrigerate within 2 hours. When refrigerating, cut peppers and place in a sealed container.	• If possible demonstrate removing the core, stem and seeds from a bell pepper.

What You Say:	What You Do:
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. Have any of you ever used the tray method to preserve peppers?	• Discuss tray method.
Why should we eat bell peppers? Bell peppers are high in vitamin C. You get 200% of your 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.	• Discuss benefits of eating bell peppers; look at nutrient chart.
What are some ways you have eaten bell peppers? (Possible answers: Raw on salads or with a dip, roasted, sauted or used as an ingredient in a dish.)	• Discuss different ways to eat bell peppers.
Have you ever roasted peppers? 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.	• Discuss roasting peppers.
Are you ready to try out the recipe? What is the first thing we always do before preparing food? (Answer: Wash hands.)	• Call on someone for the answer. • Review Handwashing skill sheet.

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

Equipment Needed

- 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

What You Say:	What You Do:
Today we're going to make Stuffed Bell Peppers. If we look at the ingredients in this recipe, how many food groups do we have? Which ones? (Answer: 4. Vegetables – bell pepper, onion and celery; protein – kidney beans; grains – rice; dairy – cheese.)	• Pass out the recipe • Call on people to answer
Before cutting the peppers and celery, we will need to wash them. We will be cutting the tops off of the peppers so we can stuff them. We will also be chopping the onion and celery. What does it mean to chop? (Answer: To cut into small pieces.)	• Review Knife Safety skill sheet.
We will also be using the microwave to steam our peppers, the stove top to cook the filling and the oven to bake the stuffed peppers.	• Refer to Microwave, Stove Top and Oven Safety skill sheets.
*Cook rice ahead of time.	• Prepare recipe with participants.

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 1-4 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 Fruits and Vegetables and Knife Safety skill sheets.
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 Stove Top Safety skill sheet. • 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)
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)

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/

Lakota word translated by Jeshua Estes

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