

## Fresh Fruit and Vegetable Program Nutritional Education

## Yellow Bell Peppers

The Yellow Bell Pepper is from the same plant that produces Red and Green Bell Peppers. It is a sweet pepper picked when ripe belonging to the Solanaceae family, native to South America. While it is cooked as a vegetable, the yellow bell pepper is considered a fruit. It has a particularly high content in vitamin G and vitamin B (folic acid). If left to ripen fully on the standing plant, Yellow Bell Peppers turn red.

Bell peppers come in various colors, such as red, yellow, orange, and green — which are unripe.

They are low in calories and exceptionally rich in vibamin G and other ambioxidams, making them an excellent addition to a healthy diet.

Color the Peppers!



find these words:

Dell Pepper Sweet Yellow Fruit T L U T A Y F V W P S S M R V E R W V N I Z O J O R K J A R E P D W R E P P E P L A J U E W O O E N N Z T E E V L O E C S L Y R X F I B D I Y E E C Q O A T N S U G H H L G C A Y I W Q E P R X B O V J Q G N E W A G E F K V W B E L L L O S A M A Y A D O B Q M H W O A B X W C Z S T S N C O J M U C H K D A Y H G U R J J M R K K F F Y T O A Z K L C Y G Z O S R V Y B J T O J K H G I O X J H Y C X N U A A Y O D S W D L S I R N U H D E F N N B G E H Z L