

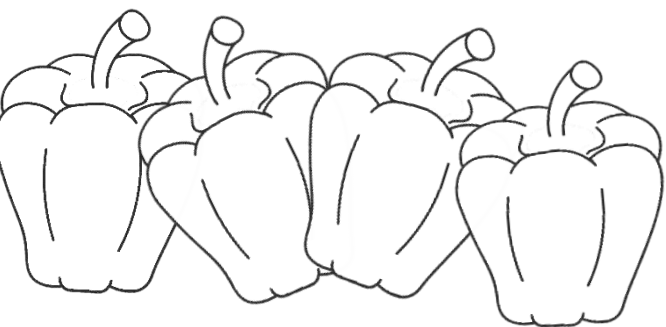
# Yellow Bell Peppers

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 C 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 vitamin C and other antioxidants, making them an excellent addition to a healthy diet.

Color the Peppers!



Find these words:

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Fruit

