

Green Bell Pepper – Parachute Games

15
minutes

Seeds are the part of plants that can grow new plants. In a green bell pepper, the seeds are found inside the pepper. Model a green bell pepper while playing parachute games.

Materials: Large parachute

1. Stand evenly spaced around the parachute and hold on to the edge. As a group, practice raising the parachute above your heads and lowering the parachute to the ground at the same time.
2. When you say, “Pepper,” everyone will raise the parachute over their heads, then take one step forward, under the parachute. Without letting go of the parachute, they will quickly pull the parachute down and sit on the parachute edge to hold it down. The parachute will be puffed up in the middle and look like a green bell pepper.
3. Inside the parachute, tell the kids they are like the seeds of the pepper. Just as seeds are inside the pepper, the kids are inside the parachute.
4. Although there are many seeds in a pepper, they are each unique. While sitting inside the pepper, play a round of Trading Places. Call out a characteristic several students share such as “wearing red” or “wearing a hat”. Children who match the description, need to carefully stand and find a new spot to sit. See how long you can play before the puffed up parachute begins to fall. When it falls, stand up, make another green pepper parachute, and play another round.



Observation

Green Bell Peppers

10
minutes

Compare the inside and outside of a green bell pepper.

Materials: Chart paper and marker, green bell pepper, cutting board and paring knife

1. Today we are going to compare the inside of a green bell pepper to the outside of the pepper. Label one side of the chart paper “outside,” turn it over and label “inside.”
2. Show students a green bell pepper. What words describe the outside of the pepper? Note its color, shape, and texture. Record these words on one side of the chart paper.
3. Cut open green bell pepper. How is the inside different from the outside? What words describe the inside? Turn over the chart paper and record the descriptive words.
4. Follow this activity with a tasting.

Tasting Activity

Green Bell Peppers

10
minutes

1. Before passing out any samples, review Brave Tasting Expectations, including “Don’t yuck someone else’s yum” and “We all wait and try together.”
2. Consider offering green pepper sticks with hummus or dip. A quick ranch dip could include plain Greek yogurt, vinegar, dill, garlic, and onion powder.
3. After tasting, ask students to voice their thoughts and “Vote with your thumb.” Thumbs up, to the side, or thumbs down. I like it, it’s okay, or no thank you.