

Learning Activity

Red Bell Peppers – Take Patience

20
minutes

Just as farmers patiently wait for their red bell peppers to develop their signature red hue, students will explore the joys and challenges of being patient.

1. Red bell peppers start as green peppers. They must stay on the plant a few weeks longer to turn red. The farmers must be very patient. Being patient means waiting calmly. When are times when you have to be patient?
2. The farmers watch the red bell pepper plants grow. First they see green leaves. Then bigger stems and more leaves. Then tiny green peppers. They wait as the peppers grow and then they wait more. Finally, the green peppers turn red. That means it's time to harvest!
3. Today we will practice being patient, just like farmers. When I say, "Pepper," you will start fast feet. Keep going until I say, "Patience." Then, we wait patiently while I count down silently from 10 on my fingers. Next, we will start fast feet again.
4. After a few rounds, pause and reflect on your learning. Do you find it easy or challenging to be patient? What factors make it easier or harder? How do you think farmers feel about being patient? What challenges do farmers face?
5. Repeat and replace fast feet with other exercises like hip twists, speed skaters, toe taps, or mountain climbers.



Observation

Red Bell Pepper Seed Count

20
minutes

Predict and then count red bell pepper seeds to observe how plants grow.

Materials: Red bell pepper, red bell pepper seed cores (enough for one for every 3-4 students), cutting board, kitchen knife, plates or container for seed counting

1. Encourage students to observe a red bell pepper. What words describe how it looks? Discuss its color, shape, and texture.
2. Cut the red sides off the pepper and show students the seeds inside. Seeds are the part of a plant that can grow a new plant. How many seeds would you predict are inside a red bell pepper?
3. Distribute the seed-filled cores to groups of 3-4 students. How would you describe how the seeds look? What words describe how they feel?
4. After observing the seeds, students will count the seeds. Compare numbers among the groups. Why are they different? What method did they use for counting seeds (2s, 5s, 10s)?
5. Ask older students to determine how many peppers can be grown from one plant. For example, if each pepper has 100 seeds and each plant has 10 peppers, the plant can produce 1000 seedlings. Why is the world not overrun with pepper plants?
6. Following this activity, slice the red bell peppers and offer students a tasting.

Tasting Activity

Red 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 peppers with hummus or balsamic vinegar. Red bell peppers could be sliced as long sticks or as wider scoops.
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.