

CALLING ALL RAINBOW FOOD EXPLORERS!

Bring your whole family and join us for some fun family food adventures! We'll use our senses to explore a rainbow of different foods and we'll make some delicious discoveries along the way. We'll share fun facts and creative activities for kids of all ages. Food gives us fabulous fuel to help our bodies stay healthy and strong, but it's so much more. Food helps us connect and celebrate with other people, and it can be a fun way to learn all about the world around us.



RED PEPPERS

LET'S EXPLORE RED PEPPERS!

You'll need:
1 red pepper,
knife,
plate or
cutting board

- BE FOOD SAFE: BEFORE YOU START:**
- > Wash your hands with soap and warm water for at least 20 seconds.
 - > Wash the pepper under running water for at least 10 seconds.
 - > Make sure all surfaces, cutting boards and utensils are clean.
 - > Use a child-safe knife and always supervise young children when using knives.

How to be a Rainbow Food Explorer:

There are so many things to explore and discover about peppers! Take your time and use all your 5 senses. Start with the whole pepper, then carefully cut it open and explore it inside and out. Look for shapes, colours, patterns, textures and features like stems, bumps, seeds and more. Read the questions before you start and think about how you can express what you discover. Make a chart or a graphic. Take photos or even record a short video as you explore!

WE'D LOVE TO SEE WHAT YOU FIND OUT!

Email us at hello@rainbowplate.com or post your work on social media. Be sure to tag [@rainbowplate](https://www.instagram.com/rainbowplate) and [@secondharvestca](https://www.instagram.com/secondharvestca) and [#rainbowfoodexplorers](https://www.instagram.com/rainbowfoodexplorers) so we can see and share your amazing work!



LOOK

- What are the first 3 words that pop into your head to describe the way the pepper looks? How many bumps does the pepper have? Do all peppers look the same? Will the pepper stand up? What do you see that tells you about how the pepper grew?
- What do you see inside the pepper? What shapes can you see if you cut it in different ways?



FEEL

- Describe how the inside and outside surfaces of the pepper feel. Are they the same or different? Will the pepper roll on a flat surface? Why or why not?



SMELL

- Describe the way the pepper smells. Does it remind you of anything? (It reminds us of a garden!) Does the pepper's smell help you to predict how it will taste?



HEAR

- What do you hear when you gently tap the outside of the pepper? When you shake it? What do the sounds tell you about what's inside the pepper? What do you hear when you cut, snap, bite and chew pieces of the pepper?



TASTE

- How can you describe the taste of the pepper? How many different flavours can you identify? Check out the word list below for inspiration.

EDIBLE EXPLORATION: Sunny Pepper Egg Flowers

Ingredients:

- 1 red pepper
- 2 teaspoons canola or olive oil
- 4 eggs
- salt and pepper to taste

Equipment:

- knife
- cutting board
- frying pan or skillet
- spatula

Instructions:

- Cut the top off the pepper and remove the stem and seeds.
- Slice the pepper horizontally (across the “Equator”) into four ½ inch slices. (Gobble up the rest of the pepper for a snack or cut it up and add to a salad or stir fry!)
- Put the pan on the stove and set it to medium heat. Add the oil and heat for 2 minutes.
- Place the pepper rings into the pan and cook for 2 minutes. (Notice how the sweet pepper aroma gets stronger as they cook!) Use the spatula to carefully flip the pepper rings over.
- Crack one egg into each of the 4 pepper rings.
- Let the eggs cook until the whites are set, and the yolks are done the way you like them. It will take about 5-7 minutes for the yolks to become firm.
- Sprinkle with salt and pepper to taste. Enjoy!

Rainbow Food Explorer Challenge:

Turn your sunny egg flower into a work of edible art on your plate! Add some greens for “leaves” and use any other veggies or food you have to create something yummy and appealing. Snap a picture of your artwork before you eat it and post it on social media for us to see! Remember to tag @rainbowplate @secondharvestca and #rainbowfoodexplorers!



RED PEPPER DESCRIPTIVE WORDS:

shiny • red • green • bright • bumpy • wide • tall • square • squat • grassy • complex
round • flower • stem • smooth • soft • rounded • curved • rough • fresh • tangy
earthy • spicy • sweet • juicy • crisp • refreshing • hollow • crunchy • fruity

Edible Bowl A hollowed-out pepper makes a perfect colourful serving bowl for hummus, yogurt or other dips, or you can use it to hold other fruit and veggie pieces! Be sure to eat your “pepper bowl” after you finish the rest of your snack!

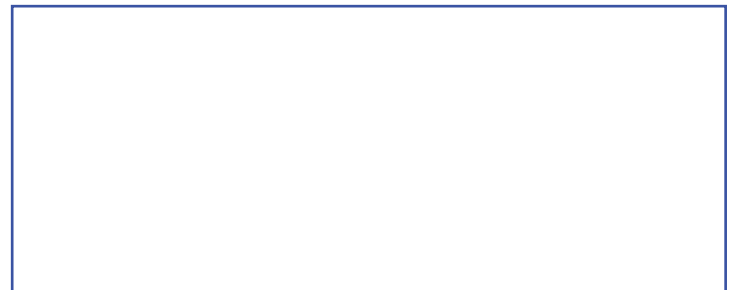
Be a Zero Waste Hero and a #FoodDefender:

Different is fabulous! Sometimes peppers that don’t look “perfect” get wasted because people won’t buy or eat them. We believe those unusual shapes, colours and sizes make those peppers extra special! They’re just as tasty and they provide the same goodness for your body. We love to look for “faces” or animal shapes hidden in wonky or unusual peppers. What do you see when you look at this one? Get a food freshness guide at SecondHarvest.ca/Fresh



FABULOUS FOOD ART!

Use this box or another sheet of paper to draw all the different shapes and patterns you can discover as you explore your pepper, inside and out.



DID YOU KNOW?

- ◆ Peppers have more Vitamin C than oranges! Vitamin C helps us build a strong immune system and it helps keep our teeth, gums, skin and bones strong and healthy.
- ◆ In Australia, New Zealand and India, peppers are called “capsicums.”
- ◆ Red peppers are actually green peppers that have been left on the plant to ripen. They become sweeter as they ripen and their colour changes.



RAINBOW PLATE
healthy eating made simple

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