

HIGH IN VITAMIN C

Antioxidants in red peppers
protect your
body's cells from damage!

What are adjectives
that could explain Red
Peppers?

{ acidic, bitter, *juicy*,
sour, sweet, mushy }

DO YOU
THINK
YOU
WOULD
EAT RED
PEPPERS
AGAIN?

**Sweet peppers come in many
colors:**

green, red, yellow, orange, purple

**All colors are usually *sweeter* than
green peppers**



PROTECTION

Red vegetables are
good for your
memory and keep
your
heart healthy



**BELL PEPPERS CONTAIN
MANY ANTIOXIDANTS &
PHYTONUTRIENTS THAT SERVE
TO PROTECT OUR BODIES**

Rich in vitamins and
minerals, they keep us
healthy and can even
improve the quality of
our skin!

Consume **5**
servings of
fruits and
vegetables each
day

This serving of
Red Pepper
counts as one of
those

4 more to go!



SuperFood

HEROES