

Hey kids, become a FOOD EXPLORER and check this out!

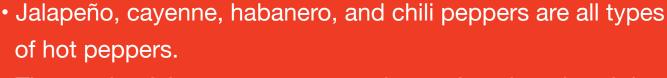
Hot Peppers



Did you know...?







- The seeds of the pepper are not what makes them hot. It is actually the oil from the fleshy part of the pepper.
- Hot peppers were named for their fiery, hot taste.





 Japanese samurai ate hot peppers to prepare themselves for battle.

DELICIOUS AND NUTRITIOUS

Hot peppers can help promote a healthy heart.

A SUPER SNACK IDEA

Add hot peppers to your eggs in the morning for extra flavor.

HOT PEPPER HUMOR

What does a nosy pepper do? Get jalapeño business.