

Hey kids, become a FOOD EXPLORER and check out this Month's Discovery...

Peds



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# Did you know...?

- Peas are high in protein 3/4 cup cooked peas has more protein than a whole egg or a tablespoon of peanut butter.
- Peas have been a valuable food for up to twelve thousand years. They are rich in important nutrients. When dried, they are easy to carry and can be stored for a long time.
- Ancient Egyptians packed dried peas and other foods in tombs, to feed people in their after-life.
- The French call both snow peas and sugar snap peas "mange tout" (pronounced mawnzh too), which means "eat it all."

# **DELICIOUS AND NUTRITIOUS**

Peas are high in protein and fiber. They also have iron, which helps build strong blood, and vitamin C, which helps protect you from illness.

### **A SUPER SNACK IDEA**

For a sweet, "snappy" snack, dip fresh sugar snap peas in a low-fat dressing or dip. Try blue cheese dressing or another one of your favorites.

## **PEA HUMOR** What do you call an angry pea? Grump-pea.



Nutrition Education Program

#### For healthy recipes and low-cost tips visit our blog, https://healthyfoodsinasnap.wordpress.com.

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This material was developed and provided by the UMass Extension Nutrition Education Program with funding from USDA'S Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program helps low-income people buy the food they need for good health. It can help you to buy nutritious food and stretch your food dollars. For more information, call 1-866-950-3663. UMass Extension is an equal opportunity provider and employer, United States Department of Agriculture cooperating. Contact your local Extension office for information on disability accommodations. Contact the State Extension Director's Office if you have concerns related to discrimination, 413-545-4800 or see www.umassextension.org/civilrights. 5/15