



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

## Peas



### 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.