

In the U.S.A., people call peppers bell peppers'. Why do you think this is? Clue: look at the shape. SIGHT: Use your sense of SIGHT to look closely at a few different peppers (big red and yellow ones, long Romano ones, tiny baby ones). What colours and shapes can you see? What does the shape of the pepper remind you of? Now cut a pepper open. Can you describe what you see inside? What do the seeds look like to you?

TastEd is short for Taste Education. It is a fun programme of food literacy designed to help children learn to love vegetables and fruits. For more information go to www.tasteeducation.com

