

SNACK FACTS

Don't forget to wash your hands before you eat!
Handwashing is one of the simplest and best ways to stay healthy and prevent spreading germs.

PEPPERS

Are peppers grown in Ontario?

- YES!
- There are approximately 90 acres devoted to growing peppers in Ontario.

The peppers sent to your school were grown in Leamington, Ontario.

When are peppers grown?

- As Ontario peppers can be grown in a field or a greenhouse, Ontario peppers are available all year round!

How are peppers used?

- As a colourful addition to salads, omelettes, pizza, stews, stuffing, and more!
- Peppers are great on a vegetable platter with a light ranch or yogurt dip.

Did you know?

- Peppers are an excellent source of Vitamin A and Vitamin C and a source of Vitamin B6, folate and Vitamin K.
- A red pepper has more vitamin C than a navel orange.
- All peppers start out green, even the red and yellow varieties.
- Red, yellow and orange peppers turn colour before they are picked.

PEPPERS



Vegetables and fruit contain vitamins, minerals, fibre and belong to five different colour groups: red, yellow-orange, green, blue-purple, and white-tan-brown.

Peppers belong to the red, yellow-orange, and green colour groups:

- Different coloured peppers contain a variety of special compounds called *phytochemicals* such as beta carotene, flavonoids, lycopene, anthocyanins, and lutein which are beneficial to your health.

Reference: *Paint Your Plate! Create a Masterpiece Vegetable and Fruit Action Guide for Schools.* Northern Healthy Eating Project. 2006.



Students:

- Do you know where Leamington, Ontario is? Can you find it on a map? (Answer on back)

Parents:

- Watch out for the *Paint Your Plate!....at Lunch* handout that includes tips on how to add vegetables and fruit to your child's lunch.

Teachers:

- For ideas on how to make vegetables and fruit come alive in your class, refer to *Paint Your Plate! Create a Masterpiece Vegetable and Fruit Action Guide for Schools.*



SNACK FACTS

Take control of your health

Physical *inactivity* is a risk factor for many different conditions such as heart disease, stroke, cancer, diabetes and osteoporosis. Take control of your health by participating in regular physical activity.

What is physical activity?

Physical activity is any movement that uses energy. Physical activity doesn't just mean "exercise," it also can include: dancing, raking leaves, walking the dog, and making a snowman just to name a few!

How much daily physical activity is recommended?

- Children and youth ages 6-14: 90 minutes per day
- Adults: 30 - 60 minutes per day
- You can still get the benefits of being active if you spread it out over the day (15 minutes in the morning, 15 minutes at lunch, etc). Do what works best for you!

The activities that you take part in should include:

1. **Endurance** activities that make you breath more deeply, your heart beat faster, and make you feel warm such as, jumping, running, hopping, brisk walking or skating.
2. **Flexibility** activities like bending, stretching and reaching that keep your joints moving.
3. **Strength training** activities that build your muscles and bones including: weight training, carrying groceries, raking leaves, shovelling snow and climbing.

What are the benefits of regular physical activity?

- Improved health
- Stronger muscles and bones
- Better posture and balance
- More energy
- Increased self-esteem
- Less stress
- Achieving and maintaining a healthy weight

Source: Public Health Agency of Canada. <http://www.phac-aspc.gc.ca/pau-uap/paguide/index.html>

Where is... Leamington, Ontario?

Leamington is situated on the north shore of Lake Erie and has a population of 28,833.



Chickpea Curry

- 2 tbsp (30 mL) vegetable oil
- 3/4 cup (175 mL) diced onion
- 1 tbsp (15ml) curry powder
- 1-2 tbsp (15-30 mL) all-purpose flour (or 1 tbsp cornstarch)
- 1 cup (250 mL) water (approximately)
- 2/3 cup (150 mL) diced red bell pepper
- 2/3 cup (150 mL) yellow bell pepper
- 1 cup (250 mL) diced zucchini
- 3/4 cup (175 mL) diced butternut squash
- 1 can (19oz/520 mL) chickpeas, drained and rinsed
- 1/2 cup (125 mL) vegetable broth
- 1/2 cup (125 mL) snowpeas (optional)
- 1/4 cup (50 mL) finely chopped parsley (or 1 tbsp dried)



In a large skillet, heat oil over medium heat. Sauté onions until softened, about 5 minutes. Stir in curry powder. Sprinkle 1 tbsp flour. Add water, stirring constantly to prevent lumping. Add red and yellow peppers, zucchini and squash; bring to a boil. Cook, stirring for 10 minutes, adding more water if sauce is too thick (if it is too thin, add the remaining flour mixed with a little water). Add chickpeas and broth; reduce and simmer for 10 minutes, until chickpeas are heated through. Add snowpeas (if using) and parsley just before serving.

Source: Reprinted with permission of Dietitians of Canada from *Simply Great Food*, published by Robert Rose Inc, 2007 <http://www.dietitians.ca/eatwell>

Remember:

Try to make healthy eating and physical activity a part of your daily routine.



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