



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

## Hot Peppers



### Did you know...?

- Jalapeño, cayenne, habanero, and chili peppers are all types of hot peppers.
- 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.
- Hot peppers were grown by George Washington and Thomas Jefferson.
- Japanese samurai ate hot peppers to prepare themselves for battle.



## DELICIOUS AND NUTRITIOUS

Hot peppers can help promote a healthy heart.

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### 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.