



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

## Peas



### Did you know...?

- Peas are high in protein—3/4 cup of cooked peas has more protein than a whole egg or a tablespoon of peanut butter.
- Peas have been a valuable food for 12,000 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 afterlife.
- 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 our bodies heal cuts and scrapes.

### 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.