



VITAMIN BEE 4

NUTRITION EDUCATION PROGRAM PEAS ANSWER KEY GRADE 4

Answer Key

- | | |
|-------------------|----------------------|
| 1. true | 5. protein |
| 2. false | 6. pod |
| 3. true | 7. seeds |
| 4. sweet, crunchy | 8. vitamin C, wounds |

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facts

1. Peas are green in color.
2. Peas are small and round.
3. Peas can be eaten fresh (raw) or steamed.
4. Peas taste sweet and crunchy.
5. Peas can be used to make split pea soup.
6. Peas grow inside a green container called a pod.
7. Each pod contains several peas.
8. Peas can grow on bushes or vines.

Other interesting facts:

- Some of the earliest peas were discovered in Egyptian tombs around 3600-3800 BC. Archeologists believe the peas originated from eastern countries like Turkey, Jordan, and Syria and spread in popularity from there.
- Peas are green because they are picked before they are fully mature, otherwise, they are more yellow in color when they are fully ripe.
- Eating pea leaves is considered a delicacy in China.
- Only 5% of peas are sold fresh. Most peas are sold as frozen or canned.
- $\frac{3}{4}$ Cup of peas contains more protein than a whole egg or tablespoon of peanut butter.
- When eating peas, we are eating the seeds. Pea seeds look just like dried peas.
- A serving size of peas is $\frac{1}{2}$ cup and contains a lot of Vitamin C, as much as 2 apples, which helps to heal wounds.
- One of Thomas Jefferson's favorite vegetables was the English Pea. He loved it so much he planted more than 30 different types in his garden at Monticello.

recipes

EASY

- Raw in the pod with hummus
- Raw in the pod with light ranch dressing
- thaw frozen peas to put on salads
- Throw it into pasta sauce and pasta salad

**Cooked Peas and Pearl Onions**

Sauté onions in a pan with your favorite cooking oil for about 10 minutes until brown. Add peas and cook an additional minute. Add salt & pepper to taste. add a small pat of butter if desired.

Enjoy!

For more Healthy Recipe ideas, go to: www.vitaminbee.tv/recipes

WHAT DO YOU REMEMBER?

PEAS



4

Directions: Circle the correct answer.
Use your knowledge about peas!

quiz

1. Peas are green in color when they are fully ripe. (True, False)
2. Peas grow on trees. (True, False)
3. Only 5% of peas are sold fresh. (True, False)
4. Peas are (sweet, tangy) and (mushy, crunchy).

Directions: Fill in the blank using the word bank.

WORD BANK

protein	pod	seeds	pit	
Vitamin C	jacket	wounds	vinegar	grain

5. Peas contain more _____ than a whole egg.
6. The container that peas come in is called a _____.
7. We are actually eating the _____ of the pea.
8. A serving of peas contains lots of _____ ,
which helps to heal _____.

PEAS ROLL AGAIN

Directions: First, roll the color dice. Then, roll the number dice. You will have one minute to name as many fruits or veggies as the number you rolled. They must be the same color as what you rolled on the color dice. **To make the dice:** Cut the solid lines and fold the dotted lines away from the color. Then paste the tab on the blue side under orange panel. Next fold and paste the tabs under the lower three arrows. Next do the same with the top two arrows. Do the same with the number dice. Now have fun!

