

Power Up! - Pueblo Chile Nutrition Activity

Academic Standard Connections: This activity investigates the nutritional powers of Pueblo Chiles, meeting standards for Grades P-5 Comprehensive Health (P.PPW.1; K.PPW.1; 1.PPW.1; 2.PPW.1; 3.PPW.1; 4. PPW.2; 5.PPW.1) and Grades K-5 Reading, Writing, and Communicating (CCSS: RI.K.1; CCSS: RI.K.10; CCSS: RI.1.5; CCSS: RI.1.6; CCSS: RI.2.5; CCSS: RI.2.6; CCSS: RI.3.5; CCSS: RI.3.6; CCSS: RI.4.1; CCSS: RI.4.10; CCSS: RI.5.1; CCSS: RI.5.10).



The Amazing Power of Pueblo Chiles

Hey there, curious minds! Today, we're going on a tasty adventure

to discover the magic of nutrition and the incredible benefits of eating a balanced diet, with a special focus on the mighty Pueblo Chile. Get ready to learn about how these delicious peppers, along with other colorful foods, can make you super healthy and strong!

What is Nutrition?

Nutrition is like fuel for your body – it gives you the energy and nutrients you need to grow, play, and stay healthy. Just like a superhero needs a balanced diet to have superpowers, you need a variety of foods to keep your body in tip-top shape.

Eating a Rainbow: The Colorful Plate!

Imagine your plate as a rainbow! Each color represents different nutrients your body needs. Eating a variety of colorful foods ensures you get a mix of vitamins and minerals, making you a nutrition superhero!

Meet the Pueblo Chile: Red, Green, and Super Nutritious!

Pueblo Chiles are special peppers that come in vibrant red and green colors. These chiles are not just tasty – they're packed with nutrients that can make you healthier and stronger.

Vitamin A: The Eye Protector (Found in Pueblo Chiles!)

- Pueblo Chiles are rich in Vitamin A, which is like a shield for your eyes.
- Vitamin A helps you see in the dark and keeps your eyes healthy.

Vitamin C: The Immune Booster (Hello, Pueblo Chiles!)

- Pueblo Chiles are a fantastic source of Vitamin C, your immune system's best friend.
- Vitamin C helps your body fight off germs and keeps you from getting sick.

Calcium: The Bone Builder (Yes, Pueblo Chiles Have It!)

- Pueblo Chiles contain some calcium, a mineral that's essential for strong bones and teeth.
- Drinking milk and eating calcium-rich foods like Pueblo Chiles helps you grow up with sturdy bones.

Iron: The Energy Provider (Guess What? Pueblo Chiles Have Iron Too!)

- Iron is like a superhero that gives you energy and helps you stay strong.
- Pueblo Chiles contribute a bit of iron to your diet, helping you run, jump, and play without feeling tired too quickly.

Putting it All Together: The Balanced Plate

- To be a nutrition superhero, make sure your plate has a variety of colors.
- Eat proteins, whole grains, fruits, and vegetables like Pueblo Chiles to get a mix of nutrients.

Conclusion: Be a Nutrition Superhero!

Eating a balanced diet with colorful foods, including Pueblo Chiles, can turn you into a nutrition superhero. So, grab those veggies, enjoy the taste of Pueblo Chiles, and get ready



Pueblo Chile Nutrition Label

Label represents a 1-pound package of roasted, diced, frozen Pueblo Chiles.

Nutrition Facts

Serving Size 4 oz
Servings Per Container 4

Amount Per Serving

Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 3g	

Vitamin A 30%	Vitamin C 460%
Calcium 2%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,000
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

to grow, learn, and play with all the energy your body needs!

Remember, your plate is your superhero shield – use it wisely and enjoy the tasty adventure of being a nutrition superhero!

Name: _____

Use the “Amazing Power of Pueblo Chiles” article and the Pueblo Chile nutrition label to answer the following questions.

1. What is nutrition, and why is it important for our bodies?

2. What are Pueblo Chiles, and what makes them special?

3. What Percent Daily Value of Vitamin A do Pueblo Chiles contain and what does Vitamin A do for our bodies?

4. What Percent Daily Value of Vitamin C do Pueblo Chiles have and what does Vitamin C do for our bodies?

5. Pueblo Chiles contain Calcium. Name two other foods that contain Calcium:

6. How can a balanced diet with colorful foods, like Pueblo Chiles, turn you into a nutrition superhero?

7. How can you visualize your plate as a rainbow, and what does each color represent?
