

# AZ Kids News

## All About Peppers



A pepper is a type of pungent (strong tasting, often spicy) fruit that comes from a variety of different plants. Peppers are used mainly for cooking; they are sometimes dried and ground into spices, used fresh in recipes, jarred and pickled, or made into sauces. A few peppers are known for their medicinal purposes, but all peppers are high in vitamins and antioxidants, making them healthy. There are two main types of peppers--mild, sweet peppers and spicy, hot, chili peppers. Peppers can range from mild to excruciatingly hot, and they vary in color from dark red, orange, or green to light yellow. Most of the heat in peppers comes from a chemical found in them called capsaicin. The more capsaicin, the hotter the pepper is. The heat from peppers is rated by a measurement system known as the Scoville Heat Unit System, created by Wilbur Scoville in 1912. Pure capsaicin is a massive 16 billion on the Scoville scale. The sweet bell pepper measures zero on the scale, while the hottest known pepper, the Carolina Reaper, tops out the scale at a record 2,200,000! It was bred specifically for heat by researchers in South Carolina and was recorded as the hottest pepper on Earth in 2013. Other types of hot peppers are the Trinidad Moruga Scorpion (previous record holder for hottest pepper at 2,009,000 Scoville units) and the Bhut Jolokia (1,000,000 Scoville units) once known as the World's spiciest hot pepper. There are also more common peppers like the habanero chili (350,000 Scoville units), Thai pepper (100,000 Scoville units), cayenne pepper (50,000 Scoville units), and the Jalapeño pepper (8,000 Scoville units). The sweet peppers--bell peppers, banana peppers, cubanelles, pepperoncinis and Anaheim peppers--are commonly used for cooking.

### Types of Peppers Word Search

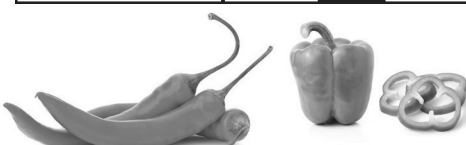
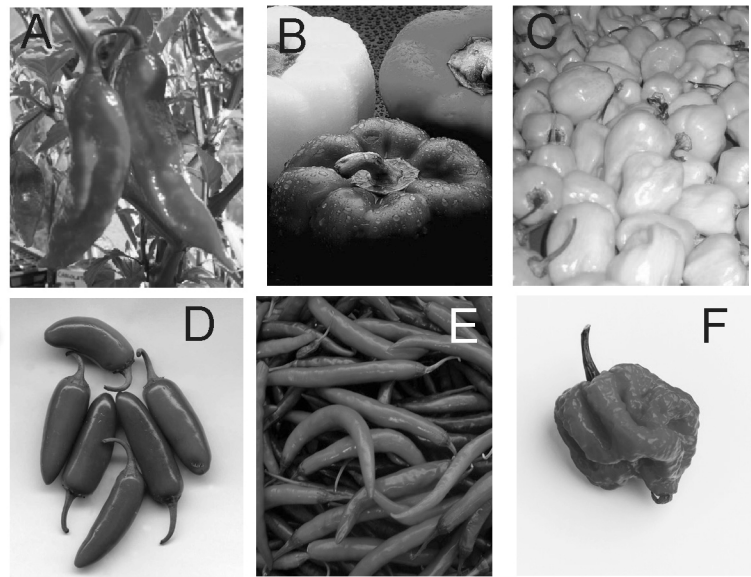
Anaheim, Banana, Bell, Bhut Jolokia, Carolina Reaper, Cayenne, Cherry, Habanero, Hungarian, Jalapeño, Moruga Scorpion, Naga Viper, Poblano, Pot Dougla, Pot Red, Santa Fe, Scotch Bonnet, Serrano, Thai

M N A G A V I P E R E Z T C R  
P O S C O T C H B O N N E T E  
M O R N E K L Z A Y N J T A P  
A R T U M A L R N Y E X P I A  
N E Q R G B E K A V Y M S K E  
A N H M E A B T N W A I E O R  
I A R L K D S Z A Q C E R L A  
R B F D G B E C B M V H R O N  
A A P O B L A N O M O A A J I  
G H N I A T G Q G R P N N T L  
N J A L A P E N O O P A O U O  
U K T X S A N T A F E I X H R  
H C H E R R Y E R S T J O B A  
F Y A S Q O G F W O S B A N C  
J T I H P O T D O U G L A H E

- Name that Pepper:**
- Habanero \_\_\_\_\_
  - Cayenne \_\_\_\_\_
  - Bell \_\_\_\_\_
  - Bhut Jolokia \_\_\_\_\_
  - Trinidad Moruga Scorpion \_\_\_\_\_
  - Jalapeño \_\_\_\_\_

### Name That Pepper!

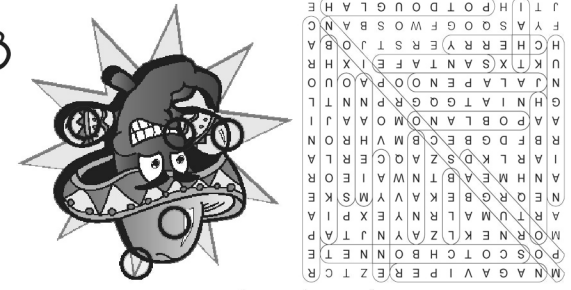
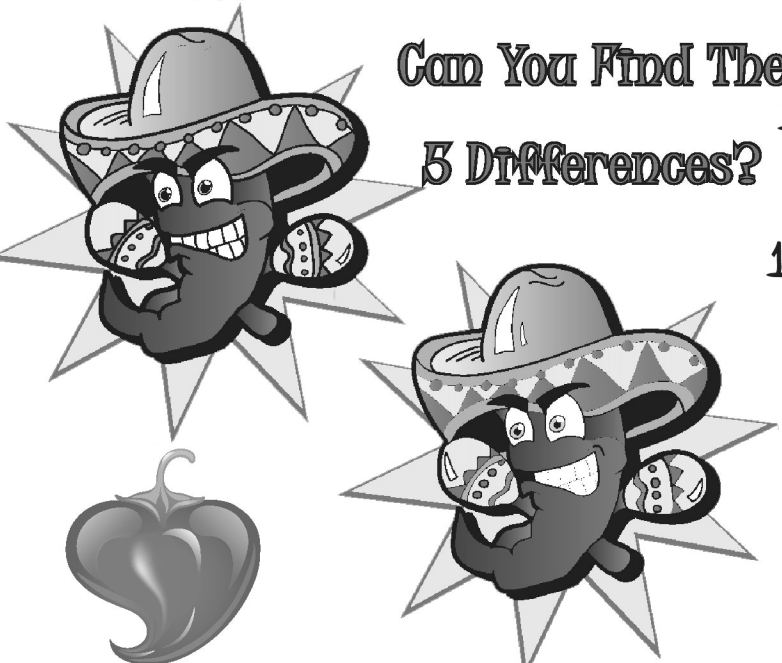
Look at the pictures below. Using the types listed below, decide which pepper is which. Label them.



### Pepper Connect The Dots



Can You Find The 5 Differences?



Name That Pepper Ans: 1-C, 2-E, 3-B, 4-A, 5-F, 6-D

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