Red bell pepper is a very popular addition to sandwiches, goulash, or casseroles. The vegetable originates from tropical areas of America.

In traditional Chinese and Indian medicine, crushed red bell pepper has been used in the treatment of infections, digestive problems, and cardiovascular diseases.

This medium-sized vegetable provides us with fats, proteins, carbohydrates, fiber, and natural sugar.

**Independent work:**

1. What nutritional values does a bell pepper have?

- Find information about bell peppers (bell pepper colors).

2. The largest producers of bell peppers in the world are: Mexico, China, and India.

- Locate the above-mentioned countries on the world map.