

# FOOD FESTIVAL

By Aspens

May



Chillies

# Chillies



Fact  
1

The spicy heat of chilli peppers is measured in Scoville heat units (SHU), indicating the amount of capsaicin present in the fruit.

Chilli peppers originated in the Americas and Christopher Columbus was one of the first Europeans to encounter them when he was in the Caribbean.



Fact  
2



Fact  
3

Habaneros type chillies can range in heat from very mild to mega-hot. They have a wonderful fruity aroma that adds a distinctive flavour to salsas and chilli sauces.

Vegetable-type chillies are relatively large-fruited with thick flesh and tend to be milder than the other types. They are great stuffed or chopped in salads, stews, stir-fries and omelettes.



Fact  
4



Fact  
5

Some peppers are hot and spicy; others are sweet. The best way to cool your mouth after eating a spicy chilli pepper is to drink milk.

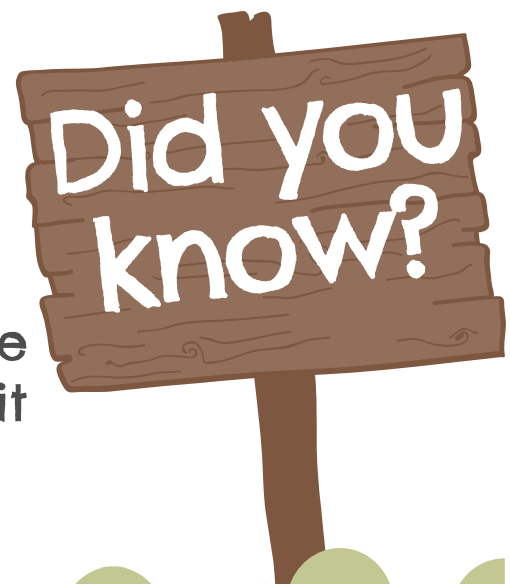


## International Fact



Fact  
6

The Mexicans have eaten chilli since 7000 BC in Mexico and cultivated it from 3500 BC.





## Chilli Activity Sheet



See if you can spot the 5 differences in the images below.

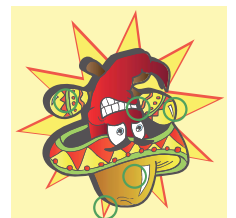
When you have found them, have a go at joining the dashes and colouring in the Mexican Chilli.



Name:

School Name:

Class:





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## Recipe from Home

Tell us your favourite recipe from home and hand it to a member of the Aspens Team. Make sure it includes something with heat! The winning dish will feature on our menu.



### NAME OF DISH



### INGREDIENTS

### METHOD



Name:

School Name:

Class: