

Peas have been around for a very long time. Archeologists discovered them in the Middle East many years ago. Today peas are classified as lentils and beans. These small, spherical vegetables grow inside of a pod which can be taken off before consumption. However, some pods are edible such as snap peas and snow peas. Shelling the peas is fairly easy but time consuming.

**Health benefits**

* High in fiber and protein
* Vitamins A, B6, E, and K.
* Antioxidants
  + Saponin- lower cholesterol
  + Lutein- eye health
  + Polyphenols- fight heart disease and cancer
* Omega-3fatty acids lower risk of heart disease, high cholesterol, diabetes, osteoporosis, rheumatoid arthritis.



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**Exercise your Brain!**

**Unscramble the words**

(Hint: the other side of this paper could be a helpful for solving.)

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2. lsetnil \_ \_ \_ \_ \_ \_ \_
3. svtianmi \_ \_ \_ \_ \_ \_ \_ \_
4. prneoti \_ \_ \_ \_ \_ \_ \_
5. dibtaees \_ \_ \_ \_ \_ \_ \_ \_
6. moeag3 \_ \_ \_ \_ \_ - \_
7. unteiln \_ \_ \_ \_ \_ \_ \_
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