



FUN CHILE FACTS

- On his first voyage to the Western hemisphere, Christopher Columbus mistakenly called the fiery chile pod “pepper” because of its heat, thinking that it was related to the black pepper.
- Chile peppers originated in South America then spread to Central and North America.
- One fresh medium sized green chile pod has as much Vitamin C as six oranges.
- 1 teaspoon of dried red chile powder has the daily requirements of Vitamin A.



- Hot chile peppers burn calories by triggering a thermodynamic burn in the body, which speeds up the metabolism.
- Teas & lozenges are made with chile peppers for the treatment of a sore throat.
- Capsaicinoids (the chemical that makes chile peppers hot) is used in muscle patches for sore and aching muscles.

- The Indians of the American tropics cultivated the chile pepper for centuries for both its culinary and medicinal uses.
- The color extracted from VERY red chile pepper pods is called oleoresin. It is used in everything from lipsticks to processed meats.



- Wild chiles are spread by birds because birds do not have the receptors in their mouths to feel the heat.



not

- All chile peppers, even ornamentals, are edible. Ornamentals, however, have been bred for their appearance and usually have little to no flavor and can be very hot.

- Chile peppers are relatives of tomatoes, potatoes and eggplants. They all belong to the nightshade family.
- There are 26 known species of chile peppers, five of which are domesticated.



READ ALL THE FUN FACTS ABOVE TO GET THE ANSWERS TO THE CROSSWORD PUZZLE.

CHILE FACTS CROSSWORD PUZZLE

Hint: *Read the Chile Facts*

									5-d					
													6-d	
	1-d					1-a								
			2-d											
									4-d					
					2-a									
					3-a									
					3-d									
							4-a							
	5-a													
			6-a											

ACROSS

- 1a. 1 teaspoon of _____ red chile powder has the daily requirements of Vitamin A.
- 2a. _____ is the color extracted from VERY red chile pepper pods and is used in lipsticks.
- 3a. 1 fresh medium sized green chile pod has as much Vitamin C as 6 _____.
- 4a. Chile peppers were cultivated for centuries for both their culinary and _____ uses.
- 5a. Five of the 26 known species of chile peppers are _____.
- 6a. Chile peppers, tomatoes, potatoes and eggplants all belong to the _____ family.

DOWN

- 1d. _____ is the chemical that makes chile peppers hot.
- 2d. Hotchile peppers burn calories by speeding up the _____.
- 3d. Wildshiles are spread by _____ because they don't feel heat.
- 4d. _____ are edible but have been bred for appearance so they have little or no flavor and are usually very hot.
- 5d. Christopher Columbus called the chile pod " _____ " because of its heat.
- 6d. Teas and _____ are made with chile peppers for treatment of a sore throat.

ANSWERS TO CROSSWORD PUZZLE

											5-d						
											P				6-d		
		1-d					1-a	D	R	I	E	D			L		
		C									P				O		
		A		2-d							P				Z		
		P		M						4-d	E				E		
		S		E		2-a	O	L	E	O	R	E	S	I	N		
		A		T						R					G		
		I		A		3-a	O	R	A	N	G	E	S		E		
		C		B		3-d				A					S		
		I		O		B				M							
		N		L		I		4-a	M	E	D	I	C	I	N	A	L
		O		I		R				N							
		I		S		D				T							
5-a		D	O	M	E	S	T	I	C	A	T	E	D				
		S								L							
				6-a	N	I	G	H	T	S	H	A	D	E			