

Bingo Salsa (1st Grade)

Materials and Ingredients

- ✓ Bingo Game & Bingo Place Holders
- ✓ tomatoes, Anaheim chili peppers, shallot
- ✓ canned peaches, canned corn
- ✓ limes, hot sauce, tortilla chips
- ✓ cutting board, teacher knife, bowls, can opener, serving spoon
- ✓ big paper plates, plastic knives & forks, plastic gloves
- ✓ activity sheet copies



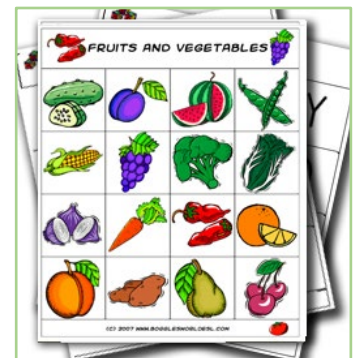
Food Preparation

- ✓ Wash tomatoes, Anaheim chili peppers & limes.
- ✓ Cut tomatoes, shallot (similar to an onion) & chilies into pieces to pass out to students. *Students will cut up vegetables into small pieces.*
- ✓ Open and drain corn and peaches, cut limes in half.
- ✓ Have hot sauce & limes ready to add to salsa.
- ✓ For Bingo Game: Create place holders - small pieces of paper.



Introduction

- ✓ Start off with a short brain boost (see next page).
- ✓ Discuss with students why we should eat fruit & veggies every day.
- ✓ Explain what it means "to make half your plate fruits & veggies".
- ✓ Play Bingo! *Keep track of winners to be your helpers.*
- ✓ Vary your fruits & vegetables!



Process

- ✓ Students wash their hands with soap & warm water.
- ✓ Students use plastic gloves, plates & plastic knives to cut up veggies.
- ✓ Add all salsa ingredients together, serve & eat with 3-4 tortilla chips.
- ✓ Grow healthy & strong by eating different fruits & veggies!



Family Letter

- ✓ Send home the family letter to let parents know about the fun activity students did in class.





Let's Wake Up Our Brains! Brain Boost Exercise! **Fruit and Vegetable Hunt!**

Teacher calls out instructions. Students follow teacher.

- ♥ Walk through the mud (knees high)
- ♥ Climb up a hill (arms high, knees high)
- ♥ Jump over the creek (high jump)
- ♥ Reach high to pick limes and peaches (arms high)
- ♥ Squat down to pick tomatoes and bell peppers
- ♥ Jump up and repeat going faster each time!

Bingo Directions

- Pass out the bingo cards to the students (1 card for every 2 students). Tell them they will be playing in pairs.
- Ask students to quietly look over their cards together and name the different colorful fruits and vegetables they see.
- Help the class with the names of the fruits and vegetables they don't know.
- Pass out the bingo place holders to pairs of students (8-16 per pair).
- Explain how bingo works.
 - ✓ Show students the different "*bingo call*" pictures.
 - ✓ Tell students you will pick one of these pictures at random and call it out.
 - ✓ If they have that fruit or vegetable on their bingo card they must put a place holder on it.
 - ✓ The first players that cover a straight line **across, down** or **diagonally** should call out "bingo" to win the game.
- Make sure you keep track of the food pictures you have used so you can check the winner's boxes to make sure they are right. It is possible to play more than one game on each sheet. **Blackout** is when someone gets all of his/her card filled in. Another option is getting all of the outer edges of the card filled in.
- Tell students that the winners can help pass out food and materials during the making of the salsa.
- Start the game. Play a few games. Write down the names of the winners as they will be helping to pass out food and materials for the bingo salsa.

Bingo Salsa

Name: _____ Date: _____

Draw a line matching the ingredients to their color.



corn

orange



tomatoes

white



shallot (small onion)

green



peaches

yellow



chili

red



hot sauce



lime

Why should you eat colorful fruits and vegetables every day?
List two reasons.

1. _____

2. _____

Salsa de Bingo

Nombre: _____ Fecha: _____

Une con una línea los ingredientes con el color que corresponda.



maíz

naranja



tomates

blanco



chalote

verde



duraznos

amarillo



chile

rojo



salsa picante



lima (*limón verde en México*)

¿Por qué debemos comer frutas y verduras de varios colores?
Escribe dos razones.

1. _____

2. _____

1st Grade Family Letter: Bingo Salsa



Scan this QR code to watch how to make a similar snack to what we made in class.

Dear Families,

Today your student prepared a salsa recipe that included many kinds of fruits and vegetables. They explored how different colored fruits and vegetables give us different types of nutrients. For example, onions are rich in potassium, and peaches are a good source of vitamin C.

Fun Fact: Canned fruits and veggies have similar amounts of nutrients as their fresh counterparts. When possible, aim for no salt and no sugar added options.

Bingo Salsa

Makes About: 10-12 servings

Ingredients

- 3 tomatoes
- 2 Anaheim chili peppers
- 1/8 red onion
- 1 can of corn, low-salt (15 oz.)
- 1 can of peaches (15 oz.)
- 2 limes
- Hot sauce to taste

**Feel free to adjust ingredients depending on allergies and/or what you have at home.*

Total Recipe Cost: \$6.30 - \$8.20

Directions

1. Everyone washes their hands.
2. Open and drain the corn and peaches.
3. Wash the tomatoes, chilies, and onion.
4. Cut the tomatoes, chilies, onion and peaches into small pieces.
5. Put them into a bowl and add the corn, hot sauce and juice of the limes.
6. Eat with tortilla chips and enjoy.



Link:

<https://www.youtube.com/watch?v=6QtoAbSzk5E>

Many vegetable scraps can be planted and will grow into new edible parts. Simply plant leftover food scraps in soil or water and place them in a sunny window. You can also plant them outdoors in a garden or pot.

- Plant these bottoms: green onion, romaine lettuce, and celery.
- Plant these tops: carrot, parsnip, beet, and turnip.

Use the link or scan the QR code to learn how to grow new plants with food scraps.

Experts found eating with family creates a sense of belonging and is linked to positive child development. Try one of these conversation starters next time you are at the table: *If you could travel anywhere in the world, where would you go? What is one thing you are grateful for today?*





Escanee este código QR para ver cómo hacer una merienda similar a la que hicimos en clase.

Queridas familias,

Hoy su estudiante preparó una receta de salsa que incluía muchos tipos de frutas y verduras. Exploraron cómo las frutas y verduras de diferentes colores nos brindan diferentes tipos de nutrientes. Por ejemplo, las cebollas son ricas en potasio y los duraznos son una buena fuente de vitamina C.

Dato curioso: las frutas y verduras enlatadas tienen cantidades similares de nutrientes que las frutas y verduras frescas. Cuando sea posible, elija las opciones sin sal ni azúcar añadida.

Salsa de bingo

Rinde aproximadamente: 10-12 porciones

Costo total de la receta: \$6.30 - \$8.20

Ingredientes

- 3 tomates
- 2 chiles tipo Anaheim
- 1/8 de cebolla roja
- 1 lata de granos de maíz (baja en sal) (15 oz.)
- 1 lata de duraznos (15 oz.)
- 2 limones verdes
- Salsa picante al gusto

**Cambie los ingredientes que quiera según las alergias y/o lo que ya tengan en casa.*

Instrucciones

1. Todos se lavan las manos.
2. Abrir y escurrir las latas de elote y duraznos.
3. Lavar los tomates, los chiles y la cebolla.
4. Cortar los tomates, los chiles, la cebolla y los duraznos en trozos pequeños.
5. Poner en un tazón y añadir los granos de elote, durazno, la salsa picante y el jugo de limones verdes.
6. ¡Comer con chips de tortilla y a disfrutar!



Enlace:

<https://www.youtube.com/watch?v=JGGcTuRCeKY&t=18s>

Muchos restos de vegetales se pueden plantar para que crezcan nuevas partes comestibles. Simplemente planten los restos de comida en la tierra o colóquenlos en agua y pónganlos en una ventana soleada. También pueden plantarlas al aire libre en un jardín o maceta.

- Planten estos tallos: cebolla verde, lechuga romana y apio.
- Planten estas puntas: zanahoria, chirivía, remolacha (betabel) y nabo.

Use el enlace o escanee el código QR para aprender a cultivar nuevas plantas con restos de comida.

Los expertos descubrieron que comer con su familia crea un sentido de pertenencia, y está relacionado con el desarrollo positivo de los niños. Pruebe una de estas ideas para iniciar la conversación la próxima vez que esté comiendo con la gente que ama: Si pudieras viajar a cualquier parte del mundo, ¿a dónde irías? ¿De qué estás agradecido hoy?

