

## Carlos' Colorful Salsa (2<sup>nd</sup> Grade)

### Materials and Ingredients

- ✓ *Carlos and the Squash Plant* by Jan Romero Stevens
- ✓ bell pepper, yellow squash, tomatoes
- ✓ 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 (optional)



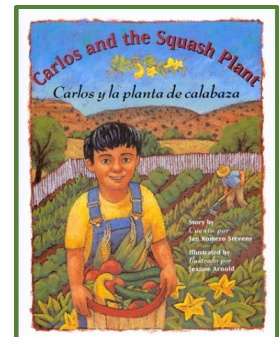
### Food Preparation

- ✓ Wash tomatoes, bell pepper, squash & limes.
- ✓ Cut tomatoes, bell pepper & squash into pieces to pass out to students. *Students will cut up vegetables into small pieces.*
- ✓ Open and drain corn, cut limes in half.
- ✓ Have hot sauce & limes ready to add to salsa.



### Introduction

- ✓ Start off with a short brain boost (see next page).
- ✓ Discuss with students why we should eat veggies every day.
- ✓ Explain what it means "to vary your veggies".
- ✓ Read the book *Carlos and the Squash Plant* and discuss.
- ✓ ***Vary your veggies! Eat different vegetables every day!***



### Process

- ✓ Students wash their hands with soap & warm water.
- ✓ Students use plastic gloves, plates & plastic knives to cut up the vegetables for the salsa.
- ✓ Add all salsa ingredients together, serve & eat with 3-4 tortilla chips.
- ✓ Optional- Read & do the activity sheet together as a class.
- ✓ ***Vary your veggies! Eat different vegetables every day!***



### 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!**

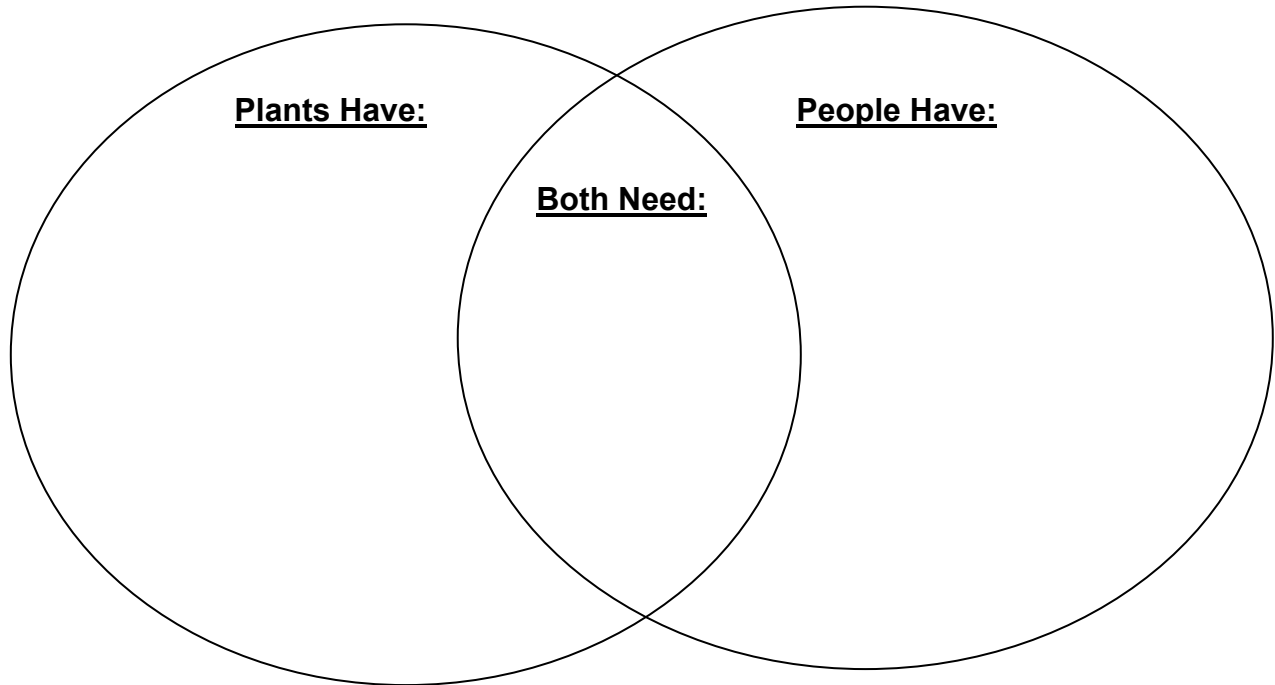
### **Mix it up Veggie Salsa -Repeat to get your heart going!**

- ♥ Go veggies, go, go veggies!  
(punch the sky, way up high, one arm at a time)
- ♥ V-E-G-G-I-E-S, go, go veggies!! (keep punching)
- ♥ Go peppers, go, go peppers! (hop on one foot)
- ♥ P-E-P-P-E-R-S, go, go peppers! (keep hopping)
- ♥ Go squash, go, go squash! (jump up and down)
- ♥ S-Q-U-A-S-H, go, go squash! (keep jumping)
- ♥ Go tomatoes, go, go tomatoes! (do squats)
- ♥ T-O-M-A-T-O-E-S, go, go tomatoes! (keep squatting)
- ♥ Mix it all together and make veggie salsa! (wiggle and shake)

# Plants and Us

We need plants to live! What do plants need? Plants need sunlight, water, air, soil and food to live. A plant has four main parts, which are the roots, stem, leaves and flowers. Seeds and fruit are also parts of a plant. Each part helps the plant live. The roots take in water from the ground. The stem holds the plant up and carries water to the leaves. The leaves use sunlight to make food for the plant. The flowers make seeds. The fruit of a plant holds the seeds. Seeds are baby plants. We eat all parts of the plant and their food keeps us healthy. Do you think plants need us?

Can you think of some ways that plants and people are the same? Can you think of some ways they are different? Fill in the Venn diagram.



List some ways that plants help people:

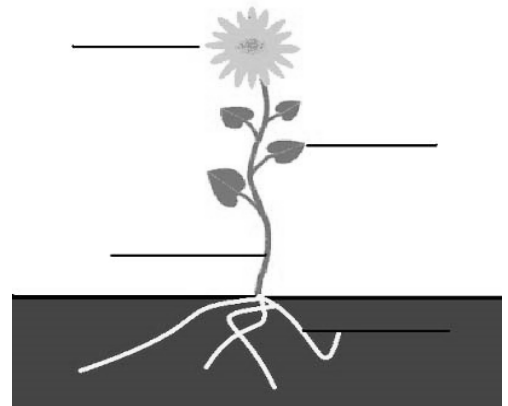
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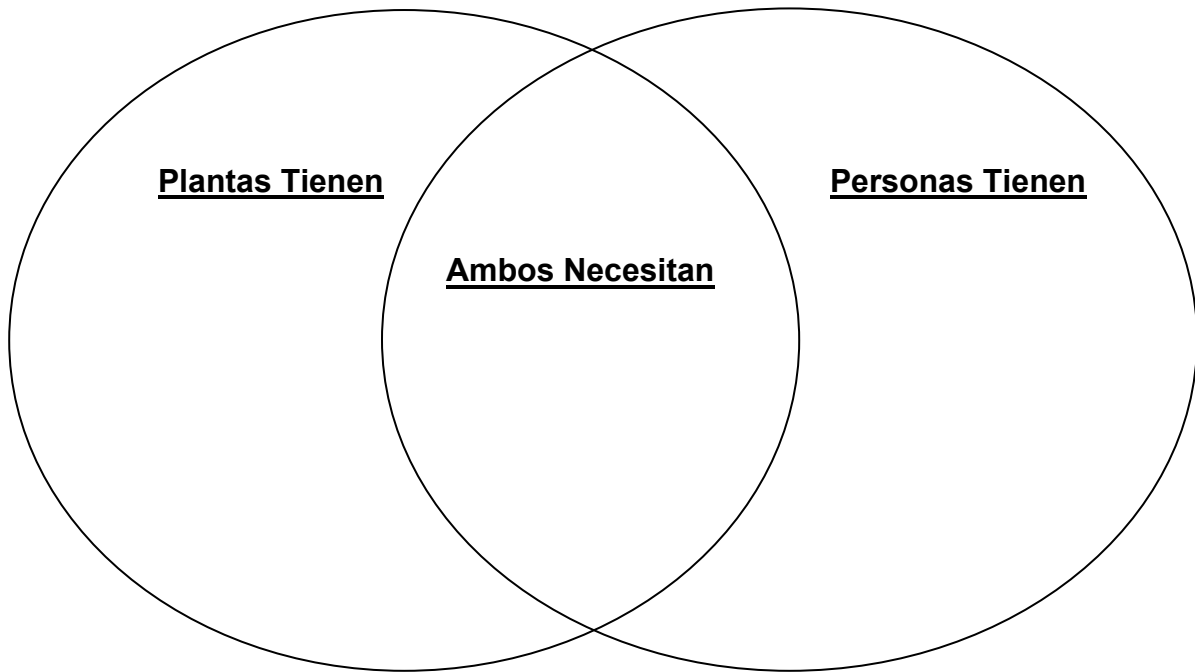
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# Las plantas y nosotros

¡Nosotros necesitamos las plantas para vivir! ¿Qué necesitan las plantas? Las plantas necesitan la luz solar, agua, aire, tierra y alimentos para vivir. Una planta tiene cuatro partes principales que son las raíces, el tallo, las hojas y las flores. Las semillas y los frutos también son partes de una planta. Cada parte ayuda a la planta a vivir. Las raíces toman agua de la tierra. El tallo sostiene la planta y lleva el agua a las hojas. Las hojas usan la luz del sol para producir alimentos para la planta. Las flores producen semillas. El fruto de una planta contiene las semillas. Las semillas son plantas bebés. Nosotros nos comemos toda la parte de la planta y su comida nos mantiene saludable. ¿Tu crees que las plantas nos necesitan?

¿Se te ocurre alguna manera en que las plantas y las personas son iguales? ¿Se te ocurre alguna manera en que son diferentes? Completa el diagrama de Venn.



Haz una lista de las maneras en que las plantas ayudan a las personas:

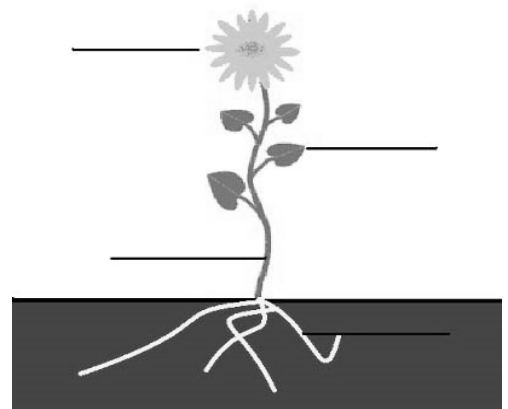
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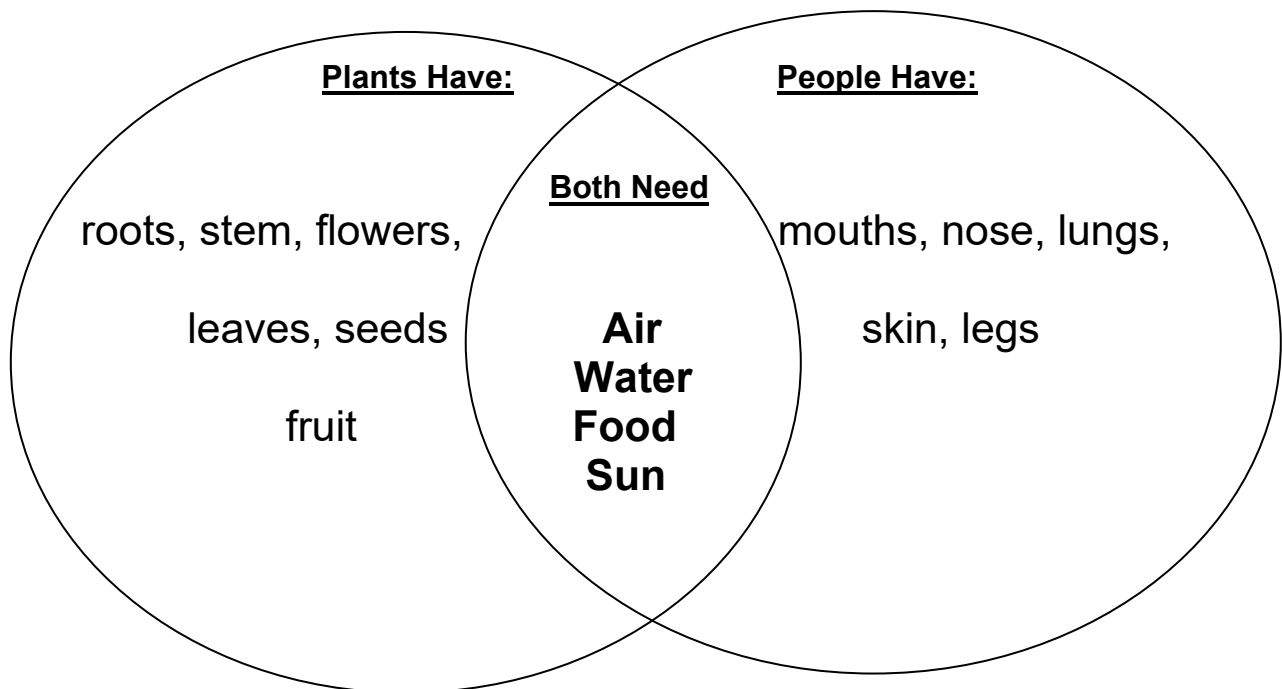


# Plants and Us

## (Teacher Answer Sheet)

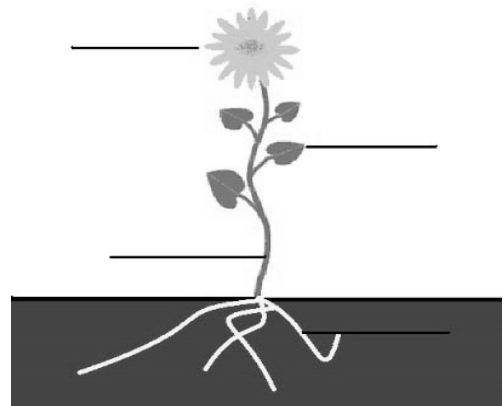
We need plants to live! What do plants need? Plants need sunlight, water, air, soil and food to live. A plant has four main parts, which are the roots, stem, leaves and flowers. Seeds and fruit are also parts of a plant. Each part helps the plant live. The roots take in water from the ground. The stem holds the plant up and carries water to the leaves. The leaves use sunlight make food for the plant. The flowers make seeds. The fruit of a plant holds the seeds. Seeds are baby plants. We eat all parts of the plant and their food keeps us healthy. Do you think plants need us?

Can you think of some ways that plants and people are the same? Can you think of some ways they are different? Fill in the Venn diagram.



List some ways that plants help people:

1. They are food that helps us grow and live.
2. They give us shade.
3. They are beautiful.



## 2nd Grade Family Letter: Carlos' Colorful 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 colorful salsa recipe that included many types of vegetables. They explored how different kinds of vegetables provide a variety of nutrients. For example, tomatoes are rich in potassium, and squashes are loaded with vitamin C.

If possible, try to **vary your veggies** to get as many different vitamins and minerals.

### Colorful Salsa

Makes About: 11-12 servings

Total Recipe Cost: \$5.50 - \$6.50

#### Ingredients

#### Directions

- 1 can of corn, low-salt drained (15 oz.)
- 1 can black beans, drained and rinsed (15 oz.)
- 1 green pepper
- 3 tomatoes
- 1 yellow squash
- 2 limes, juiced
- hot sauce, to taste

1. Everyone washes their hands.
2. Cut vegetables into small pieces.
3. Put the cut-up vegetables in a large bowl and add corn and beans.
4. Add lime juice and hot sauce.
5. Mix well and serve.
6. Eat with tortilla chips and enjoy.

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



**Fun Fact:** Students are more likely to eat what is on their plate if they are involved in preparing it. Washing produce, mixing, cutting foods with a plastic knife, and putting back ingredients are fun tasks for second grade students to do. If possible, have your student help with a family meal and see how enjoyable it can be for all.



### Movement is about nourishing the mind and the body!

Even a five-minute video that gets your heart pumping benefits your overall health. Follow the QR codes for a fun activity.

**In Your Seat:**



**On your Feet:**



# Carta familiar: La salsa colorida de Carlos



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 colorida que incluía muchos tipos de verduras. Exploraron cómo diferentes tipos de verduras proporcionan una variedad de nutrientes. Por ejemplo, los tomates son ricos en potasio y las calabazas están cargadas de vitamina C.

Si es posible, intente variar sus verduras para obtener la mayor cantidad posible de vitaminas y minerales.

## Salsa colorida

Rinde aproximadamente: 10-12 porciones

Costo total de la receta: \$5.50 - \$6.50

### Ingredientes

- 1 lata de maíz, baja en sal, escurrida (15 oz)
- 1 lata de frijoles negros, escurridos y enjuagados (15 oz)
- 1 pimiento
- 3 tomates
- 1 calabaza amarilla
- Jugo de 2 limones verdes
- Salsa picante, al gusto

### Instrucciones

1. Todos se lavan las manos.
2. Cortar las verduras en trocitos.
3. Colocar las verduras picadas en un tazón grande y agregar el maíz y los frijoles.
4. Agregar el jugo de los limones y salsa picante.
5. Mezclar bien y servir.
6. ¡A comer con chips de tortilla y disfrutar!

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



Dato curioso: es más probable que los estudiantes coman lo que hay en su plato si participan en su preparación. Lavar los productos, mezclar, cortar alimentos con un cuchillo de plástico y volver a colocar los ingredientes, son tareas divertidas para los estudiantes de segundo grado. Si es posible, haga que su estudiante ayude con una comida familiar y vea lo agradable que puede ser para todos.

## ¡El movimiento se trata de nutrir al cuerpo y al cerebro!

Incluso un video de cinco minutos que le ayude a moverse beneficia su salud en general. Siga este código QR para hacer una actividad divertida. Videos en ingles.

En su asiento



En sus pies

