

Yum! MmMm! Que Rico! (3rd Grade)

Materials and Ingredients

- ✓ Book: *Yum! MmMm! Que Rico!* retold by Pat Mora
- ✓ bell peppers, Anaheim chilies, tomatoes, canned corn
- ✓ limes, hot sauce, tortilla chips
- ✓ cutting board, teacher knife, bowls, can opener, serving spoon
- ✓ serving containers, big paper plates, plastic knives & forks, plastic gloves
- ✓ activity sheets



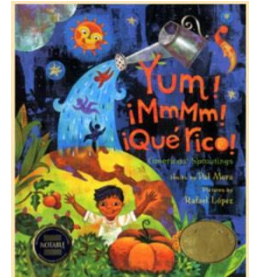
Food Preparation

- ✓ Wash bell peppers, tomatoes, Anaheim chilies, & limes.
- ✓ Cut vegetables into pieces to pass out to students.
Students will cut up vegetables into small pieces.
- ✓ Open, drain & rinse corn & beans, cut limes in half.
- ✓ Have hot sauce & lime juice ready to add to salsa.



Introduction

- ✓ Start off with a short brain boost (see next page).
- ✓ Discuss with students why we should eat fruits & veggies every day.
- ✓ Read & discuss the book *Yum! MmMm! Que Rico!*
- ✓ Each haiku in the book is about a food that is **indigenous** to the Americas.
- ✓ Discuss what makes a haiku poem “3 lines, not rhyming, 5, 7, 5 syllables”.
- ✓ *Try new fruits & veggies! Fill half your plate with fruits & veggies!*



Process

- ✓ Students wash their hands with soap & warm water.
- ✓ Students use plastic gloves, plates & plastic knives to cut up the vegetables for the colorful salsa.
- ✓ Add all salsa ingredients together, serve & eat with 3-4 tortilla chips.
- ✓ *Try new fruits & veggies! Eat different fruits & vegetables every day!*
- ✓ If time have students make their own haikus about their favorite 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!

Can you move with me? Repeat to get your heart rate up.

- ♥ Hop on one foot (10 times)
- ♥ Hop on the other foot (10 times)
- ♥ Jump-Squat-Jump (10 times)
- ♥ Do Jumping Jacks (10 times)
- ♥ Touch your toes (10 times)

Haiku

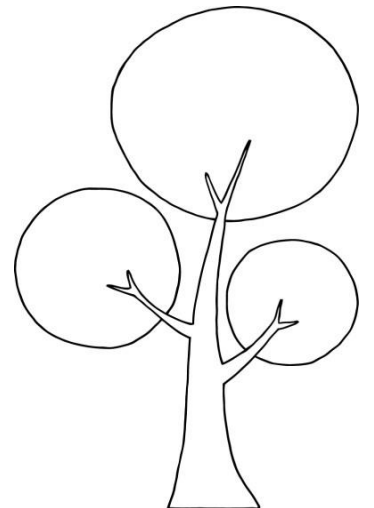
1. Today students will explore foods native/indigenous to North & South America.
2. Go over the new vocabulary word *indigenous*. The first people, animals, and plants to live in a place. When something is native or indigenous to a place, it first started in that place. For example: *"Potatoes are indigenous to (first grew in) the Andes Mountains in South America and were brought to Europe by explorers where they became a very important food for the people in Europe."*
3. List of some indigenous foods to North and South America:
 - Blueberries, Strawberries, Cranberries
 - Chilies, Chocolate, Corn
 - Yellow Squash, Bell Peppers, Beans, Tomatoes
 - Papaya, Pineapple, Potatoes, Peanuts, Pecans
4. A Haiku is an unrhymed poem consisting of 17 syllables arranged in 3 lines of 5, 7, & 5. Have students make their own haiku poems using the foods they enjoy eating.

Berries

Berries, blue and red
Sweet or tart, juicy goodness
Deliciousness, joy.

Haiku

By: _____





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

Dear Families,

Today your student made a salsa (recipe below). They also learned that salsa is a fun way to eat different kinds of vegetables and fruits. After enjoying their snack, they wrote poems about foods they love to eat.

Fun Fact: Experts found children are more likely to try foods when they are involved in the preparation. If possible, have your student help put the salsa together.

Colorful Salsa

Makes About: 8-10 servings

Total Recipe Cost: \$8.00 - \$11.00

Ingredients

- 2 tomatoes
- 1 red bell pepper
- 1 Anaheim chili pepper
- 1 yellow squash
- 1 can black beans (15 oz)
- 1 can corn (15 oz)
- 2, limes, juiced
- tortilla chips
- hot sauce to taste

Directions

1. Cut up tomatoes, Anaheim chili, red bell pepper, and yellow squash and put in a bowl.
2. Open and drain corn and beans, add to bowl.
3. Add lime juice and hot sauce.
4. Mix well.
5. Eat with tortilla chips.

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



With the winter season here, fresh produce can be hard to find or expensive. Canned fruits and veggies have the same amount of nutrients as their fresh counterparts. When possible, aim for no salt and no sugar added options. Give canned fruits and veggies a try for your next meal.



Movement is about nourishing the mind and the body!

Even a five-minute video that gets you moving benefits your overall health. Follow the QR code for a fun activity.

In Your Seat:



On your Feet:





Escanee el código QR para ver cómo hacer un aperitivo similar al que hicimos en clase.

Queridas familias:

Hoy su estudiante hizo una salsa (receta a continuación). También aprendieron que la salsa es una forma divertida de comer diferentes tipos de frutas y verduras. Después de disfrutar de su merienda, escribieron poemas sobre los alimentos que les gusta comer.

Dato curioso: Los expertos descubrieron que es más probable que los niños prueben alimentos cuando participan en la preparación. Si es posible, pídale a su estudiante que ayude a preparar la salsa.

Salsa de colores

Rinde: 8-10 porciones

Costo total de la receta: \$8.00 - \$11.00

Ingredientes

- 2 tomates
- 1 pimiento rojo
- 1 chile California
- 1 calabaza amarilla
- 1 lata de frijoles negros (15 onzas)
- 1 lata de elote (baja en sal), escurrida (15 onzas.)
- 2 limones verdes, exprimidos
- Totopos de maíz
- Salsa picante al gusto

Instrucciones

1. Laven y pelen el pepino.
2. Cortar los tomates y pimiento rojo y ponerlos en un tazón.
3. Abrir y escurrir el maíz y frijoles, agregar al tazón.
4. Agregar jugo de limón y salsa picante.
5. Mezclar bien.
6. Comer con totopos.

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



Con la temporada de invierno que ha llegado, las frutas y vegetales frescos pueden ser difíciles de encontrar o más caros. Las frutas y vegetales enlatados tienen la misma cantidad de nutrientes que las frescas. Cuando sea posible, busque opciones sin sal ni azúcar. Pruebe las frutas y vegetales enlatados en su próxima comida.



¡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.

En su asiento:



En sus pies:



Videos en inglés.