

Fresh Salsa (4th Grade)

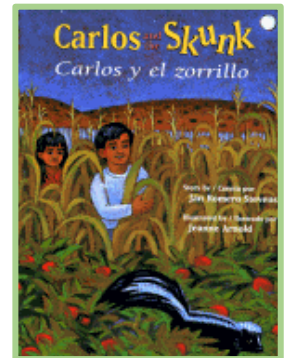
Materials and Ingredients

- ✓ *Carlos and the Skunk* by Jan Romero Stevens
- ✓ bell pepper, tomatoes, Anaheim chili, shallot (like an onion), canned corn
- ✓ limes, cilantro, 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 cilantro, tomatoes, bell pepper, Anaheim chili & limes.
- ✓ Cut tomatoes, shallot, chili pepper, & bell pepper into pieces to pass out to students. *Students will cut up vegetables into small pieces.*
- ✓ Open & rinse corn; cut limes in half.
- ✓ Have hot sauce, cilantro & limes ready to add to salsa.



Introduction

- ✓ Start off with a short brain boost (see next page).
- ✓ **Taste test of cilantro:** Each student gets a small taste. Ask students to rate. *Some people inherit a gene (are born with) from their parents that makes cilantro taste like soap.*
- ✓ Ask students if they think they have that gene.
- ✓ Discuss our senses and why they are so important for eating. What senses do we use when we eat food? (*taste, smell, sight, feel, sound*)?
- ✓ Discuss why it is important to eat fruits and veggies every day.
- ✓ Read the book *Carlos and the Skunk* and discuss. What sense was important in the story?
- ✓ ***Vary your fruits & veggies! Eat different fruits & 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, offer cilantro to those that ask, serve & eat with 3-4 tortilla chips.
- ✓ Optional- Students do the senses activity sheet.
- ✓ ***Vary your fruits & veggies! Eat different fruits & 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!

Move Your Body! Let's get our hearts pumping!

- ♥ Jog in place. (30 seconds)
- ♥ Jump in place. (30 seconds)
- ♥ Squat up and down. (30 seconds)
- ♥ High knees in place. (30 seconds)
- ♥ Reach up to the sky and down to the ground. (30 seconds)

Visualize with your five senses



Hear



Feel



See



Taste



Smell

Visualiza tus cinco sentidos



Escuchar



Sentir



Ver



Gusto



Oler

--	--	--	--	--

4th Grade Family Letter: Fresh 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 types of vegetables. They also explored how we are able to taste foods and experience flavors. For your next meal together, try to use your five senses (touch, hear, sight, smell and taste) to explore and appreciate the experience of eating food.

Fresh Salsa

Makes About: 10-12 servings

Ingredients

- 4 tomatoes
- 1 red bell pepper
- 1 Anaheim chili pepper
- 1/8 red onion
- 1 can of corn, low-salt (15 oz.)
- cilantro
- 2 limes
- hot sauce to taste

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

Total Recipe Cost: \$6.00- \$8.00

Directions

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



Nutrition claims on food labels can get confusing. Use the list below to help you understand common terms food manufactures use to advertise their products.

- **"Excellent Source Of"** or **"High"**: food contains 20% or more of the Daily Value.
- **"Good Source"**: food contains 10% - 19% of the Daily Value.
- **"Fortified"**: food has nutrients added that are not normally there.
- **"Enriched"**: food has nutrients added back that were lost during processing.



If possible, try one of these physical activities that you can do in your seat or on your feet as a family.

- **"Sock it to me"**: Hold open an empty bag or laundry bin while your student tries to throw rolled-up socks inside.
- **Dance party**: Turn on your favorite music and try the following dance moves: robot, superhero, grasshopper, and touchdown. Ask your student how many other dances they can create.



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 verduras. También exploraron cómo podemos probar los alimentos y probar los sabores. Para su próxima comida juntos, trate de usar sus cinco sentidos (tacto, oído, vista, olfato y gusto) para explorar y apreciar la experiencia de comer alimentos.

Salsa fresca

Rinde aproximadamente: 10-12 porciones

Costo total de la receta: \$6.00 - \$8.00

Ingredientes

- 4 tomates
- 1 pimiento morrón rojo
- 1 chile tipo Anaheim
- 1/8 de cebolla roja
- 1 lata de granos de maíz (baja en sal) (15 oz.)
- cilantro
- 2 limones verdes
- salsa picante al gusto

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, pimientos y la cebolla en trozos pequeños.
5. Poner en un tazón y añadir los granos de maíz, cilantro, la salsa picante y el jugo de limones verdes.
6. ¡Comer con tortillas de chips y disfrutar!

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

La descripción de las propiedades nutricionales en las etiquetas de los alimentos puede resultar confuso. Use la lista a continuación para comprender los términos comunes que usan los fabricantes de alimentos para publicitar sus productos.

"Excelente Fuente de" o **"Alto"**/**"Excellent Source Of"** o **"High"**: el alimento contiene 20% o más del Valor diario.

"Buena Fuente"/**"Good Source"**: el alimento contiene 10% - 19% del Valor diario.

"Fortificado"/**"Fortified"**: la comida tiene nutrientes que se agregaron ya que normalmente no lo tienen.

"Enriquecido"/**"Enriched"**: los alimentos tienen nutrientes que se agregaron ya que se perdieron durante el procesamiento.



Si es posible, pruebe una de estas actividades físicas que puede hacer en familia desde su asiento o estando de pie.

"Caletín para mí": Sostenga abierta una bolsa vacía o un cesto de ropa sucia mientras su estudiante trata de arrojar los calcetines enrollados dentro.

Fiesta de baile: encienda su música favorita e intente los siguientes movimientos de baile: robot, superhéroe, saltamontes y touchdown.

Pregúntele a su estudiante cuántos otros bailes puede crear.