

Bingo Salsa (1st Grade)



NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- ☑ **prepare food** and **taste** a fruit and vegetable salsa.
- ☑ **express ways** they can **eat colorful fruits and vegetables every day**.
- ☑ **explain** the **health benefits** of eating fruits and vegetables.
- ☑ **identify** that tomatoes, chili peppers, onion and corn are vegetables and that peaches and limes are fruit and they fit in the fruit and vegetable groups of MyPlate.

MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<p><u>In Kitchen Bin</u></p> <ul style="list-style-type: none"> - can opener - 4 small bowls - 4 mixing/serving spoons - chef knife (teacher only) - cutting board (teacher only) <p><u>In Paper Goods Bin</u></p> <ul style="list-style-type: none"> - plastic knives* - plastic gloves (2 per student) 	<ul style="list-style-type: none"> - MyPlate poster - family letter/recipe copies* - activity sheet copies* - bingo place holders - small ripped pieces of paper will work (16 for every pair of students if doing blackout, otherwise 8 per pair) - napkins* 	<ul style="list-style-type: none"> - bingo game ** - 2 limes - 3 tomatoes - 2 Anaheim chili peppers - 1 red onion - 1 can corn low-salt (15 oz.) - 1 can diced peaches (15 oz.) - hot sauce - 1 bag tortilla chips (12-16 oz.) - plastic coated paper plates*

*one per student

** <http://bogglesworldesl.com/fruitsvegetablesbingo.htm>

SET-UP

Copies:

- Make copies of salsa recipe (each student) and activity sheet (each student).

Work area:

- Students will work at their desks in pairs during the bingo game.
- Have nutrition table ready for lesson ingredients and materials.

Food-prep:

- Open and drain peaches and corn. **Note:** If peaches are not diced, use a chef knife to cut the peaches up while they are still in the can, the smaller the better.
- Cut limes in half to squeeze into the salsa.
- Wash chilies, onion and tomatoes.
- Cut chilies, tomatoes and only 1/8 of the onion into pieces for students to cut into smaller pieces; put into bowls and have ready to pass out to students. **Note:** Don't use too much onion as the taste may overpower younger students.
- Have plastic coated paper plates, plastic knives, and plastic gloves ready to pass out with vegetables. **Note:** Have students save plastic coated paper plates for eating as well as cutting.
- Have peaches, corn, lime and hot sauce ready to add to salsa.
- Have tortillas chips and napkins ready to pass out with salsa.

Other-prep:

- Display the MyPlate poster on the board.
- Have bingo game and bingo place holders (teacher provides) for game ready to use. Place holders can be small pieces of paper.

INTRODUCTION WITH STUDENTS

Let's Wake Up Our Brains! Brain Boost Exercise!



Fruit and Vegetable Hunt!

Teacher calls out instructions, students follow. Stand in place or travel around the room.

- ♥ 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 dig onions and pick tomatoes and chili peppers.
- ♥ Jump up and repeat going faster each time!

Now that our minds are ready to go, let's get started on our nutrition lesson.

- How many of you are eating colorful fruits and vegetables every day?
- Have students explain why it is important to eat fruits and vegetables every day. (helps them grow strong, keeps them from getting sick, they taste great)
- **Refer to the key behavior and remind students to “make half their plate fruits and vegetables”. They can eat fruits and vegetables in the lunchroom.**

- Tell students that today they are going to learn about colorful fruits and vegetables, play bingo, and make a delicious fruit and vegetable salsa.
- Show the MyPlate poster to students. Ask them to tell you how they plan to eat fruits and vegetables today.
- 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.

PROCESS

Step 1: Have students wash their hands with soap and warm water.

Step 2: Go over the recipe for the salsa with students. **Note:** The Anaheim chili is not spicy. Ask students to tell you which are fruits (peaches, limes) and which are vegetables (tomatoes, corn, chili, onion). Point out the different colors of all the fruits and vegetables.

Science Note: Nutritionists say that tomatoes and chilies are vegetables because they do not taste sweet like fruit so they fit in the vegetable group of MyPlate. But plant scientists say they are the fruit because they have seeds in them. One way to stop the confusion is to call them fruit-vegetables.

Step 3: Have bingo winners help pass out the plastic coated paper plates, plastic knives, plastic gloves and vegetables. Have the students cut the vegetables up into small pieces. **Important:** Have the students cut the onion and chili into especially small pieces and tell them to be careful not to rub their eyes after they touch the onion and chili.

Step 4: After students finish cutting, collect all the vegetables in a bowl. Add the peaches, corn, lime and hot sauce. Ask students if they have ever had salsa with fruit in it. Encourage them to be brave and try something new. Tell them they will get to try their salsa with tortilla chips.

Note: Give students 3-4 chips. Chips are to go with the salsa and are not for eating alone.

Step 5: Have bingo winners help pass out the napkins, tortilla chips and salsa. Start with a small spoonful to begin with and if students like it they can have seconds. **Tip:** Divide the salsa into four bowls to make passing out faster.

Step 6: **Let's Eat, Let's Talk.** While students enjoy their salsa ask them what they have learned this year about eating healthy. Help students personalize ways they can make sure to eat colorful fruits and vegetables every day. Ask and discuss the questions in the box **Make Health Happen.**

Step 7: Go over the activity sheets with students and have them complete.

Step 8: Pass out the recipe for "Bingo Salsa" and encourage students to take it home and share it with their family.

Make Health Happen

What if all foods looked and tasted exactly the same?

How did the foods in today's "Bingo Salsa" have different looks and tastes?

What does it mean to "make half your plate fruits and vegetables"?

REINFORCING STANDARDS

Comprehensive Health

- **GR.1-S.2-GLE.1** Eating a variety of foods from the different food groups is vital to promote good health.

Physical Activity

- **GR.1-S.1-GLE.1** Demonstrate basic locomotor and non-locomotor skills, and rhythmic and cross-lateral movements
- **GR.1-S.1-GLE.2** Establish a beginning movement vocabulary
- **GR.1-S.3-GLE.2** Follow the rules of an activity

Reading, Writing and Communicating

- **GR.1-S.1-GLE.1** Multiple strategies develop and expand oral vocabulary.
- **GR.1-S.1-GLE.2** Verbal and nonverbal language is used to express and receive information.
- **GR.1-S.2-GLE.2** Comprehending and fluently reading a variety of informational texts are the beginning traits of readers.
- **GR.1-S.2-GLE.3** Decoding words require the application of alphabetic principles, letter sounds, and letter combinations.
- **GR.1-S.3-GLE.2** Appropriate spelling, conventions, and grammar are applied when writing.

BACKGROUND INFORMATION

- By selecting fruits and vegetables based on color variety, we can increase the likelihood of getting adequate amounts of vitamins, minerals, and fiber in addition to valuable phytochemicals. Color variety can help you stay healthy and maintain a healthy weight, a healthy heart, memory function, vision health, strong bones and teeth, and a lower risk of some cancers. Increasing fruit and vegetable intake can lower fat consumption since they are naturally low in fat. Thus, they can displace many fatty foods in the diet.
- Different colored fruits and vegetables contain hundreds of different phytochemicals; no one color group has them all. It is important to eat regularly from a variety of color groups so that you can get the widest health protection possible. Phytochemicals work together with vitamins, minerals, and fiber and other food compounds in ways that supplements simply can't duplicate.
- Salsa means "sauce" in Spanish. There are many different kinds of salsa; the one we are most familiar with in the United States is a tomato-based salsa, which is high in vitamin C. Many of the commercial salsas are high in sodium, but by creating your own fresh salsa, you can decrease the amount of sodium you are consuming.
- The Dietary Guidelines of Americans (2015-2020) recommend limiting sodium intake to 2300mg for adults and 1900 mg for children. Many commercial salsas are high in salt, but by creating your own fresh salsa, you can decrease the amount of salt you are consuming.
- Salsa can include many different vegetables and sometimes, even fruit. Tomatoes, chilies, peppers, onion, corn, cilantro, lime juice, and even mango are all very popular salsa ingredients. Eating fresh salsa is a very healthy and delicious way to eat vegetables.

Dear Family,

Today we made a Bingo Salsa out of different fruits and vegetables. Let's work together to make healthy choices as a family. This week we can put colorful fruits and vegetables on our shopping list and make this Bingo Salsa.



Parent Tip: If you food shop with your child, ask him or her to pick out 2 different colored fruits or vegetables to try at home.

Scan this QR code to watch a video on how to make the healthy snack we made in class.








Bingo Salsa

Makes: 10-12 servings

Total Cost: \$4.26

Serving Cost: \$0.36

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

Choose low or no salt canned foods to reduce sodium in your diet.

Nutrition Facts	
Serving Size 1/2 Cup (101g)	
Servings Per Container 12	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	
Vitamin A 4%	Vitamin C 80%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 90g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions

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

Make half your plate fruits and vegetables!
Eat colorful fruits and vegetables every day!

Querida familia,

Hoy hicimos una salsa de bingo con diferentes frutas y verduras. Trabajemos juntos para tomar decisiones saludables como familia. Esta semana podemos poner frutas y verduras de varios colores en nuestra lista de compras y hacer esta salsa de bingo.



Consejo para padres: si va de compras al supermercado con su hijo, pídale que escoja 2 frutas o verduras de diferentes colores para probar en casa.

Escanee este código QR para ver un video sobre cómo preparar el refrigerio saludable que preparamos en clase.








Salsa de Bingo

Rinde: 10-12 porciones

Costo Total: \$4.26

Costo por Porción: \$0.36

Ingredientes

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

Escoja
comidas
enlatadas bajas
en sal o sin sal
para reducir el
sodio en su
dieta

Nutrition Facts

Amount Per Serving		Calories from Fat 5	
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 100mg			4%
Total Carbohydrate 13g			4%
Dietary Fiber 1g			4%
Sugars 7g			
Protein 1g			
Vitamin A 4%		Vitamin C 80%	
Calcium 0%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	Carbohydrate 4 • Protein 4

Instrucciones

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

¡Haga que la mitad de su plato sea de frutas y verduras!
¡Coma frutas y verduras coloridas todos los días!

Bingo Salsa

Name: _____ Date: _____

Draw a line matching the ingredients to their color.



corn

orange



tomatoes

purple



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

morado



cebolla

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. _____