

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, shallots 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 - 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 shallot - 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* - family letters*

*one per student

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

Reinforcing Colorado Comprehensive Health Standards

First Grade, Standard 2. Physical and Personal Wellness. 1. Apply knowledge and skills to engage in lifelong healthy eating. 3. Apply knowledge and skills related to health promotion, disease prevention and, health maintenance

While INEP nutrition lessons focus on the Colorado Comprehensive Health Standards, you will find you may utilize lessons to reinforce mathematics, physical education, reading, writing & communicating, science & social studies standards for your class.

SET-UP

Copies:

- Make copies 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 shallot (similar to an onion) into pieces for students to cut into smaller pieces; put into bowls and have ready to pass out to 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 shallots 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 “Vary your fruits and vegetables. Eat a rainbow!”**
- Go over with students what the word **vary** means. *It means to eat different fruits and vegetables.*
 - What do you think would happen if the only fruit you ate was apples for your whole life?
 - What would life be like if apples were the only fruit on the planet?
 - What fruits would you miss out on?
- Tell students that today they are going to learn about lots of different 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. A shallot is similar to an onion only milder. Ask students to tell you which are fruits (peaches, limes) and which are vegetables (tomatoes,

corn, chili, shallot). 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 shallot and chili into especially small pieces and tell them to be careful not to rub their eyes after they touch the shallot 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 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 (use gloves) 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 family letter 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 "vary your fruits and vegetables"?

BACKGROUND INFORMATION

- By eating many different types of fruits and vegetables, we increase the variety of vitamins, minerals, and fiber to our diet. It is important to try to regularly eat from a variety of color groups so that you can get the widest health protection possible.
- Different colored fruits and vegetables contain hundreds of different phytochemicals, which are compounds found in plant foods that have many health benefits. 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 kinds of salsa; the one we are most familiar with in the United States is a tomato-based salsa. 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 (2020-2025) recommendations for sodium based on age: 1,200 mg/day for ages 1 through 3; 1,500 mg/day for ages 4 through 8; 1,800 mg/day for ages 9 through 13; and 2,300 mg/day for all other age groups. Many commercial salsas are high in salt, by creating your own fresh salsa, you can control the amount of salt you consume.
- Salsa can include many different vegetables and fruits. Tomatoes, chilies, peppers, onion, corn, cilantro, lime juice, and even mango are all very popular salsa ingredients. Eating fresh salsa is a fun, easy, and delicious way to get a variety of nutrients.

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. _____

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. Mealtime will look different for everyone. Whether your family is large or small, try to eat together when you can and with whom you can. 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?

Carta familiar: Salsa de bingo



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 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 escaneé el código QR para aprender a cultivar nuevas plantas con restos de comida.



Expertos encontraron que comer con su familia crea un sentido de pertenencia y está relacionado con el desarrollo positivo del niño (a). La hora de la comida será diferente para todos. Ya sea que su familia sea grande o pequeña, traten de comer juntos cuando puedan y con quienes puedan. Pruebe uno de estos principios de conservación la próxima vez que se sienta a la mesa: Si pudiera viajar a cualquier parte del mundo, ¿a dónde iría? ¿Qué es algo por lo que está agradecido hoy?