

# Farm Fresh Salsa (Kindergarten)



## NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- ✓ **prepare food** and **taste** a salsa recipe.
- ✓ **express ways** they can **eat different fruits and vegetables every day**.
- ✓ **explain** the **health benefits** of eating fruit and vegetables.
- ✓ **identify** that peaches and lime are fruit and tomatoes, bell peppers and corn are vegetables and they fit in the fruit and vegetable food groups in MyPlate.

## MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<p><b><u>In Kitchen Bin</u></b></p> <ul style="list-style-type: none"> <li>- cutting board (teacher only)</li> <li>- chef knife (teacher only)</li> <li>- can opener</li> <li>- 1 large bowl</li> <li>- 2 medium bowls</li> <li>- serving spoon</li> </ul> <p><b><u>In Paper Goods Bin</u></b></p> <ul style="list-style-type: none"> <li>- plastic knives*</li> <li>- plastic gloves (2 per student)</li> </ul>	<ul style="list-style-type: none"> <li>- MyPlate poster</li> <li>- activity sheet copies*</li> <li>- recipe copies*</li> <li>- napkins*</li> </ul>	<ul style="list-style-type: none"> <li>- book: "Chicks and Salsa" by Aaron Reynolds</li> <li>- 2 limes (for juice)</li> <li>- 3 tomatoes</li> <li>- 1 green bell pepper</li> <li>- 1 red bell pepper</li> <li>- 1 can diced peaches (15 oz.)</li> <li>- 1 can of corn (15 oz.)</li> <li>- hot sauce</li> <li>- 1 bag tortilla chips (12-16 oz.)</li> <li>- plastic coated paper plates*</li> </ul>

\*one per student

## SET-UP

### Copies:

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

### Work area:

- Students will work individually at their desks.

- Have nutrition table ready for lesson materials and ingredients.

### **Food-prep:**

- Wash tomatoes, bell peppers and limes.
- Cut vegetables into pieces so that each student will have 1 to 2 pieces to cut up.
- Cut the limes in half. These will be squeezed onto the salsa.
- Open and drain peaches and corn. **Important:** 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.
- Have tomatoes and bell pepper pieces ready to pass out, use medium bowls.
- Have plastic coated paper plates, plastic gloves, and plastic knives ready for students to use to cut up vegetables. **Note:** Save the plates for serving the salsa and chips.
- Have hot sauce, corn, peaches, mixing spoon and bowl ready for mixing the salsa.
- Serve salsa with 4-5 chips.

### **Other-prep:**

- Have the book "Chicks and Salsa" ready to read to the class.
- Display the MyPlate poster.

## INTRODUCTION WITH STUDENTS



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

#### **Fruit and Vegetable Hunt!**

*Teacher calls out instructions. Students follow teacher.*

- ♥ 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 pick tomatoes and bell 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.

- Ask students to name some different ways to eat fruits and vegetables (plain, in salads, in burritos, in sandwiches, in soups, etc.).
- Ask students where fruits and vegetables fit on the MyPlate poster.
- **Refer to the Key Behavior and tell students that eating fruits and vegetables every day is important for our bodies. "Make half your plate fruits and vegetables", means to put fruits and vegetables on your plate at every meal and eat them!**
- Have students explain why our bodies need different fruits and vegetables. (There are different vitamins and minerals in fruits and vegetables our bodies need to grow strong.)
- Tell students you are going to read a funny book about farm animals and all the different vegetables they eat.
- Read the book "Chicks and Salsa" to the class and ask students if they have ever tried salsa. Salsa is full of lots of different healthy vegetables.
- Today students will make their own salsa just like the chickens in the book with lots of healthy vegetables and fruit too!

## PROCESS

- Step 1: Have students wash their hands with soap and warm water.
- Step 2: Go over the salsa ingredients with students.
- Step 3: Pass out plastic gloves, plastic coated plates and knives. Give each student 1-2 pieces of vegetables to cut up. Show them how to cut the tomatoes and bell pepper into small pieces.
- Step 4: When the students are finished collect the vegetables in a bowl.
- Step 5: In front of the students, add the corn, peaches and the juice of the limes. Add hot sauce to taste.
- Step 6: Make sure to give students only 1 tablespoon of salsa to start so as not to overwhelm them. If they like it, give seconds. **Note:** Only give students 4-5 chips and only give seconds if they are eating them with the salsa.
- Step 7: **Let's Eat, Let's Talk. While students are eating ask them what they learned about eating fruits and vegetables. Help students personalize ways to eat more fruits and vegetables. Ask and discuss the questions in Make Health Happen.**
- Step 8: Pass out the activity sheet and have students complete.
- Step 9: Pass out recipe for students to take home and share with their families.

### Make Health Happen

- What are your favorite vegetables to eat in the lunchroom?
- What are your favorite fruits to eat in the lunchroom?
- How can you make half your tray fruits and vegetables in the lunchroom? If you bring your lunch can you ask your mom/dad to pack fruits and vegetables?

## REINFORCING STANDARDS

### Comprehensive Health

- **GR.K-S.2-GLE.1** Identify the major food groups and the benefits of eating a variety of foods.

### Physical Activity

- **GR.K-S.1-GLE.1** Demonstrate body and spatial awareness through movement.

- **GR.K-S.1-GLE.2** Locate the major parts of the body.
- **GR.K-S.3-GLE.2** Demonstrate the ability to follow directions.

### **Reading, Writing and Communicating**

- **GR.K-S.1-GLE.1** Oral communication skills are built within a language-rich environment.
- **GR.K-S.1-GLE.2** Communication relies on effective verbal and nonverbal skills.
- **GR.K-S.2-GLE.1** A concept of print to read and a solid comprehension of literary texts are the building blocks for reading.
- **GR.K-S.2-GLE.2** A concept of print to read and a solid comprehension of informational texts are the building blocks for reading.
- **GR.K-S.2-GLE.3** Decoding words in print requires alphabet recognition and knowledge of letter sounds.

## **BACKGROUND INFORMATION**

- By selecting fruits and vegetables based on variety in color, 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 may lower fat consumption since they are naturally low in fat.
- 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. Fresh vegetables in salsa provide important vitamins and minerals for the body. 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.
- 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 even fruit. Tomatoes, chilies, peppers, onion, corn, cilantro, lime juice, and even mango are popular salsa ingredients. Eating fresh salsa is a very healthy and delicious way to eat vegetables.

Dear Family,

Today I made a salsa with fruits and vegetables. I learned that making half my plate fruits and vegetables for every meal will help me stay healthy. If we make this salsa at home, I could wash the vegetables and squeeze the limes.



Parent Tip: Having your kids help in the kitchen increases their willingness to try new foods.

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

### Farm Fresh Salsa

**Makes: 6-8 servings**

**Total Cost: \$4.90**

**Serving Cost: \$0.70**

### Ingredients

- 3 large fresh tomatoes
- 2 bell peppers (red and green)
- 1 can of peaches (15 oz.)
- 1 can corn (low-salt), drained (15 oz.)
- 2 limes, juiced
- Tortilla chips

Add to taste: hot sauce

### Directions

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

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

Nutrition Facts	
Serving Size 1 cup (264g)	
Servings Per Container 7	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 4g	16%
Sugars 12g	
<b>Protein 3g</b>	
Vitamin A 45%	Vitamin C 110%
Calcium 2%	Iron 6%
*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	

**Make half your plate fruits and vegetables!**  
**Include fruits and vegetables with every meal!**

Querida Familia,

Hoy hice una salsa con frutas y verduras. Aprendí que llenando la mitad de mi plato con frutas y verduras en cada comida me ayudará a mantenerme saludable. Si hacemos esta salsa en casa, yo puedo lavar las verduras y exprimir las limas.



Consejo para Padres: El tener a su hijo ayudando en la cocina aumenta su disposición a probar nuevos alimentos.

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

## Salsa Fresca de Granja

Rinde: 6-8 porciones

Costo Total: \$4.90

Costo por porción: \$0.70

### Ingredientes

- 3 tomates frescos grandes
- 2 pimientos (chile morrón) (rojo y verde)
- 1 lata de duraznos (15 oz.)
- 1 lata de maíz (bajo en sal) escurrida (15 oz)
- Jugo de 2 limas verdes
- Totopos
- Añadir a gusto: Salsa picante

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

### Nutrition Facts

Serving Size 1 cup (264g)  
Servings Per Container 7

Amount Per Serving

Calories 110    Calories from Fat 10

% Daily Value\*

Total Fat 1g    2%

Saturated Fat 0g    0%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 200mg    8%

Total Carbohydrate 25g    8%

Dietary Fiber 4g    16%

Sugars 12g

Protein 3g

Vitamin A 45%    •    Vitamin C 110%

Calcium 2%    •    Iron 6%

\*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 y pimientos.
- 3 Cortar los tomates, los pimientos, y los duraznos en trozos pequeños.
- 4 Poner en un bol y añadir los granos de elote, durazno, la salsa picante y el jugo de las limas.
- 5 ¡Comer con chips de tortilla y disfrutar!

**¡Llene la mitad de su plato con frutas y verduras!**

**¡Incluya frutas y verduras en cada comida!**

# Farm Fresh Salsa

Color in the pictures and write the name.



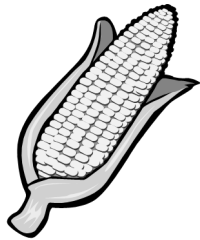
**farm**

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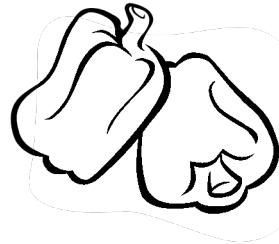
**tomato**

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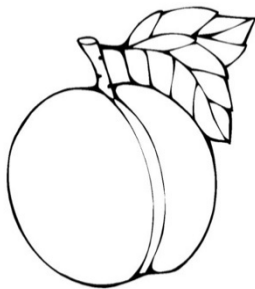
**corn**

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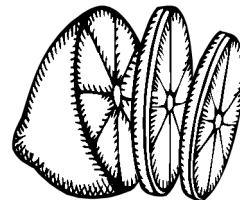
**bell pepper**

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**peaches**

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**lime**

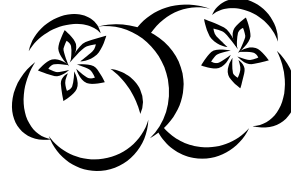
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# Salsa Fresca de Granja

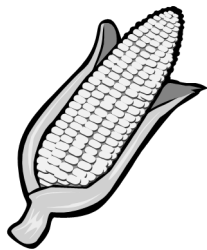
Colorea las figuras y escribe sus nombres.



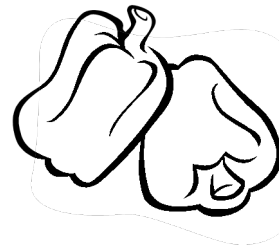
**granja**



**tomate**



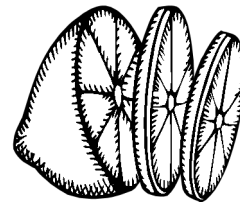
**elote**



**pimiento morrón**



**duraznos**



**limón verde**