

# Fresh Salsa (4<sup>th</sup> Grade)



## NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- Students **prepare** and **taste** fresh salsa.
- Students **express ways** they can **eat more and different vegetables.**
- Students **explain** the **health benefits** of eating different vegetables every day.
- Students **identify** that tomatoes, bell pepper, onion and corn fit in the vegetable food group of 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>- bowls</li> <li>- mixing 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>- senses activity sheet copies*</li> <li>- family letter/recipe copies*</li> <li>- napkins*</li> </ul>	<ul style="list-style-type: none"> <li>- book: "Carlos and the Skunk" by Jan Romero Steven</li> <li>- 2 limes (juice)</li> <li>- 4 tomatoes</li> <li>- 1 red bell pepper</li> <li>- 1 Anaheim pepper</li> <li>- 1 red onion</li> <li>- cilantro</li> <li>- tortilla chips (12-16 oz)</li> <li>- 1 can corn low-salt (15 oz)</li> <li>- hot sauce</li> <li>- plastic coated paper plates*</li> <li>- 6 serving containers</li> </ul>

\*one per student

## SET-UP

### Copies:

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

### Word-area:

- Students will work individually at their desks.
- Have nutrition table ready for lesson ingredients and materials.

### Food-prep:

- Wash tomatoes, bell pepper, Anaheim pepper, onion, and cilantro.
- Cut vegetables into enough pieces so that each student will have 2-3 different vegetables to cut up. **Note:** Use approximately  $\frac{1}{8}$  of the red onion. Too much onion will overwhelm the taste of the salsa.
- Plan to have some students cut some of the cilantro into small pieces.
- Cut the limes in half. These will be squeezed into the salsa.
- Open and drain corn.
- Have plastic coated paper plates, plastic gloves, and plastic knives ready for cutting up vegetables.
- Have hot sauce, can of corn, limes, mixing spoon and bowl on nutrition table ready for making salsa.
- Have corn tortilla chips, small paper plates, plastic forks, and napkins ready to pass out for serving and eating salsa.

### Other-prep:

- Have book “Carlos and the Skunk”, by Jan Stevens ready to read to the class.

## INTRODUCTION WITH STUDENTS

### 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)

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

- Read and discuss the book, “Carlos and the Skunk”.
- ✓ What does the term, “You can't believe everything you hear” mean in the story?
- ✓ Even though Carlos didn't tell his parents what happened, do you think they knew? Why do you think that?
- ✓ Have you ever smelled a skunk? Why is your sense of smell so important? (*It can warn of something dangerous.*)
- ✓ How does a skunk's spray help the skunk?
- ✓ What would you have done if you were Carlos?
- ✓ Why does Carlos like salsa so much?

- Tell students that today they are going to make a delicious fresh salsa, a lot like Carlos' favorite salsa from the book.
- Ask students to tell you the ingredients needed to make salsa. (tomatoes, onion, chilies, peppers, etc.)
- Tell students that tomatoes, sweet peppers, and hot chilies were first grown and eaten in Mexico and Central America.
- **Refer to the Key Behavior on the board and tell students that there are many ways to make sure you eat different fruits and vegetables, including eating salsa. Ask students where salsa fits in MyPlate. Explain they need to eat fruits and vegetables at lunch, snack and dinner. Salsa is full of healthy vegetables. Eating salsa helps us “vary our fruits and vegetables”.**
- Students are going to eat their salsa with tortilla chips. Corn tortillas and tortilla chips are made from cornmeal, which is part of the grains group.
- Explain that by making and eating fresh salsa they are making a healthy choice for their bodies. Ask students to tell you one way they plan to make a healthy choice today. Ask them to be specific. For example, “Today I am going to choose one fruit and one vegetable in the lunchroom and eat both”.

## PROCESS

- Step 1: Have students wash their hands with soap and warm water.
- Step 2: Go over the salsa recipe with students. Pass out plastic gloves, plastic coated plates and knives. Give each student 2-3 vegetables to cut up. Tell them to cut the vegetables into small pieces and demonstrate how to do this. The onion should be cut into very small pieces.
- Step 3: When the students have cut up all of the vegetables collect them in the bowl.
- Step 4: Next, in front of the students, add the can of corn, cilantro, juice of the limes, and hot sauce to the vegetables and mix.
- Step 5: Serve the salsa with the corn tortilla chips. Make sure to give students only 1 tablespoon of salsa to start. This will give students a chance to taste it first and not overwhelm them. If they like the salsa, give them more the second time around.
- Step 6: **Let's Eat Let's Talk. Ask students what they thought of the salsa. Help students feel able to eat different vegetables every day. “Vary your veggies!” Ask and discuss the questions in Make Health Happen.**
- Step 7: Pass out the “senses” activity sheet and go over with students. Have them use their senses to come up with different descriptive words that describes the salsa. (colorful, juicy, spicy, mild, sweet, sour, etc.)
- Step 8: Pass out salsa recipe and encourage students to take it home and share it with their family.

## Make Health Happen

- What did you like about today's salsa?
- Why is eating salsa good for you?
- How are you going to make sure you get the different vegetables your body needs every day?

### REINFORCING STANDARDS

#### Comprehensive Health

- **GR.4-S.2-GLE.1** Demonstrate the ability to set a goal in order to enhance personal nutrition status.
- **GR.4-S.2-GLE.2** Examine the connection between food intake and physical health.
- **GR.4-S.2-GLE.3** Explain that the dimensions of wellness are interrelated and impact personal health.

#### Reading, Writing and Communicating

- **GR.4-S.1-GLE.1** A clear communication plan is necessary to effectively deliver and receive information.
- **GR.4-S.2-GLE.1** Comprehension and fluency matter when reading literary texts in a fluent way.
- **GR.4-S.2-GLE.2** Comprehension and fluency matter when reading informational and persuasive texts in a fluent way.
- **GR.4-S.2-GLE.3** Knowledge of complex orthography (spelling patterns), morphology (word meanings), and word relationships to decode (read) multisyllabic words contributes to better reading skills.

#### Mathematics

- **GR.4-S.1-GLE-1** The decimal number system to the hundredths place describes place value patterns and relationships that are repeated in large and small numbers and forms the foundation for efficient algorithms.
- **GR.4-S.1-GLE-2** Different models and representations can be used to compare fractional parts.

## BACKGROUND INFORMATION

- 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.
- 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.
- Tomatoes originated in South America in the Andes Mountains but were not used as food until they later made their way (by wind and animals) to Central America and Mexico where they became an important crop for the Indians living in those areas. The tomato was brought from Mexico to Spain by the Spanish conqueror Hernando Cortes in the 1520s. But it was not until the 1800s that it really became a popular food in Europe and North America.
- Tomatoes are a very healthy food containing vitamin C, vitamin A, potassium and they are high in fiber. They may help reduce the risk of certain cancers. Canned tomatoes are a great substitute in salsa if fresh ones are not available.
- Sweet peppers and spicy chilies also originated in the Americas and were brought back to Europe by Christopher Columbus. The spicy varieties spread quickly throughout the world and became popular for spicing up many dishes in Africa, India and China. Europeans used the sweet varieties, green and red bell peppers, as fresh vegetables. Today spicy peppers or hot chilies are very popular and are used all over the United States. Sweet peppers and spicy chilies are also very healthy. They contain vitamin C and vitamin A which helps the body fight disease and they may even help prevent certain types of cancer.
- Corn, also called maize, is a native plant of North America. Native Americans introduced corn and some of its uses to early settlers. Today, the U.S. produces roughly 50% of the world’s corn crop.
- Corn tortillas and tortilla chips are made from cornmeal and originated in Mexico. They are an important staple food in Mexico and among the Hispanic population in the U.S. The Mexican Indians used to boil their corn in a mixture of ashes and water prior to pounding it into paste. Once the millstone was invented, this process was abandoned. Soon after, this corn-dependent culture began to exhibit a host of disease symptoms. It was later discovered that the alkaline ash freed the B vitamin niacin, which had kept the Indians from getting the deficiency disease now called pellagra. Today, the boiling of corn in lime achieves the same result.

Dear Family,

Today we made a delicious salsa out of different vegetables. Let's work together to make healthy choices as a family. This week we can put vegetables on our shopping list and make this 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. There's no power like Parent Power! Eat well and move more to care for yourself and your family.*

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

## Fresh Salsa

**Makes: 10-12 servings**

**Total Cost: \$4.26**

**Serving Cost: \$0.36**



### 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

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

### Directions

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

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	
<b>Protein 1g</b>	
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 25g 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!  
Eat colorful fruits and vegetables every day!**

Querida familia,

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



**Consejo para los Padres:** Si hace compras con su hijo, pídale que escoja 2 frutas o verduras de diferentes colores para que las pruebe en casa. ¡No hay poder como el Poder de los Padres! Coma bien y manténgase activo para cuidar de usted y de su familia.

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

## Salsa Fresca

Rinde: 10-12 porciones

Costo Total: \$4.26

Costo por Porción: \$0.36



### Ingredientes

- 4 tomates
- 1 Pimiento morrón rojo
- 1 chile tipo Anaheim
- 1/8 de cebolla roja
- 1 lata de granos de elote (baja en sal) (15 oz.)
- Cilantro
- 2 limas verdes
- Salsa picante al gusto

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

### 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, pimientos y la cebolla en trozos pequeños.
- 4 Poner en un bol y añadir los granos de elote, cilantro, la salsa picante y el jugo de las limas.
- 5 ¡Comer con totopos y disfrutar!

Nutrition Facts	
Serving Size 1/2 Cup (101g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 60</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber 1g	4%
Sugars 7g	
<b>Protein 1g</b>	
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

**¡Haz que la mitad de tu plato sea de frutas y verduras!**  
**¡Come frutas y verduras coloridas todos los días!**

Visualize with your five senses



Hear



Feel



See



Taste



Smell

# Visualiza tus cinco sentidos



Escuchar



Sentir



Ver



Gusto



Oler

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