

# How do you like your salsa? Hot or Mild? (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
<b><u>In Kitchen Bin</u></b> <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> <b><u>In Paper Goods Bin</u></b> <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>- napkins*</li> </ul>	<ul style="list-style-type: none"> <li>- book: "Dragons Love Salsa" by Adam Rubin</li> <li>- 2 limes (for juice)</li> <li>- 1 tomato</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> <li>- Family Letter*</li> </ul>

\*one per student

## Reinforcing Colorado Comprehensive Health Standards

Kindergarten, 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 social well-being.

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 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 corn, peaches, mixing spoon and bowl ready for mixing the salsa.
- Plan to offer hot sauce individually to students, by going around and adding to student's small tastings based on their preference. Serve salsa with 4-5 chips.

#### Other-prep:

- Have the book "Dragons Love 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 different fruits and vegetables every day is important for our bodies.**
- 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 Dragons, Tacos and Salsa today and discuss how dragons and people like to eat their salsa.
- Read the book "*Dragons Love Tacos*" 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 with hot sauce. Some like it "Hot", some like it "Medium" and some like it "Mild".
- Discuss the meaning of the word **Mild**. A mild taste/salsa is not strong or spicy. Spicy or hot is stronger and can feel like your mouth is burning.
- We know dragons don't like spicy salsa! How about you? Ask students how they like their salsa. Today's salsa comes with hot sauce and students can choose how much they want on their salsa!

## PROCESS

- Step 1: Have students wash their hands with soap and warm water.
- Step 2: Go over the salsa ingredients with students. (tomatoes, bell peppers, corn, peaches, juice of limes and hot sauce)
- 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. Plan to add hot sauce to taste for each student.
- 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?

## BACKGROUND INFORMATION

- By eating many different types of fruits and vegetables, we increase the variety of vitamins, minerals, and fiber to our diet.
- Different colored fruits and vegetables contain hundreds of different phytochemicals, which are compounds found in plant foods that may 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.

# Fresh Salsa

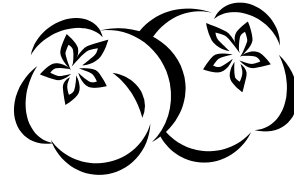
Color in the pictures and write the name.



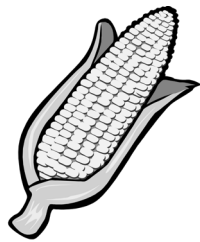
**MILD**



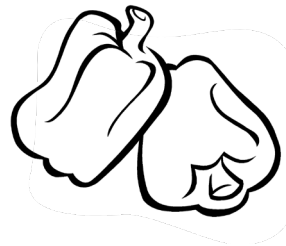
**SPICY**



**tomato**



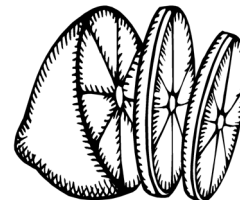
**corn**



**bell pepper**



**peaches**



**lime**

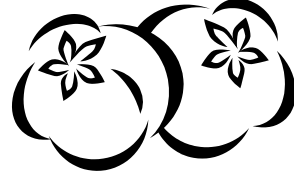
# Salsa Fresca

Colorea las figuras y escribe sus nombres.

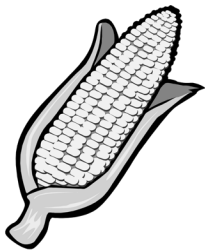


**suave**

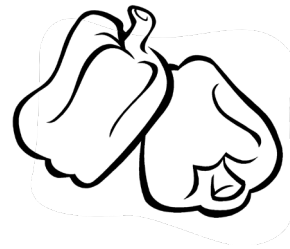
**picante**



**tomate**



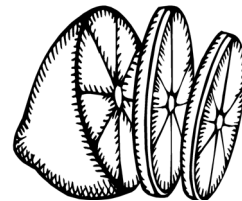
**elote**



**pimiento morrón**



**duraznos**



**limón verde**

## Family Letter: Farm 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 explored different ways to eat fruits and vegetables like in salads, sandwiches, smoothies, burritos, soups, and salsa. In class, your student made a farm fresh salsa with vegetables and canned fruits.

**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.

### Farm Fresh Salsa

Makes About: 6-8 servings

#### 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

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

Total Recipe Cost: \$8.40 - \$10.00

#### Directions

1. Everyone washes their hands.
2. Open and drain the corn and peaches.
3. Wash the tomatoes and bell peppers.
4. Cut the tomatoes, bell peppers, and peaches into small pieces.
5. Add ingredients to bowl with the corn, hot sauce, and lime juice.
6. Eat and enjoy with tortilla chips.



**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 your 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 fresca de granja



Escanee este código QR para ver cómo hacer una merienda similar a la que hicimos en clase.

Queridas familias,

Hoy su estudiante exploró diferentes formas de comer frutas y verduras en ensaladas, sándwiches, licuados, burritos, sopas y salsa. En clase, su estudiante hizo una salsa fresca de granja con verduras y frutas enlatadas.

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 fresca de granja

Rinde aproximadamente: 6 - 8 porciones

#### 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
- Chips de tortilla

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

Costo total de la receta: \$8.40 - \$10.00

#### Instrucciones

1. Todos se lavan las manos.
2. Abrir y escurrir las latas de elote y duraznos.
3. Lavar los tomates y pimientos.
4. Cortar los tomates, los pimientos, 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 las limas.
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 escanee 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 siente a la mesa: Si pudiera viajar a cualquier parte del mundo, ¿a dónde iría? ¿Qué es algo por lo que está agradecido hoy?