

## How do you like your salsa? Hot or Mild? (Kinder)

### Materials and Ingredients

- ✓ *Dragons Love Salsa* by Adam Rubin
- ✓ tomatoes, bell peppers, canned peaches, canned corn
- ✓ limes, hot sauce, tortilla chips
- ✓ cutting board, teacher knife, bowls, can opener, serving spoon
- ✓ big paper plates, plastic knives & forks, plastic gloves
- ✓ activity sheet copies



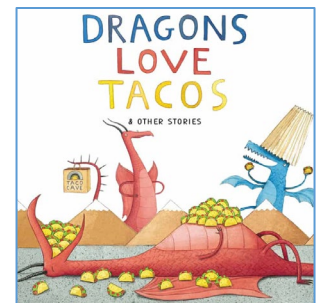
### Food Preparation

- ✓ Wash tomatoes, bell peppers & limes.
- ✓ Cut tomatoes & bell peppers into pieces to pass out to students.  
*Students will cut up vegetables into small pieces.*
- ✓ Open and drain corn and peaches, cut limes in half.
- ✓ Have hot sauce & limes ready to add to salsa.



### Introduction

- ✓ Start off with a short brain boost (see next page).
- ✓ Discuss with students why we should eat fruit & veggies every day.
- ✓ Explain what it means “to vary your fruits & veggies”.
- ✓ Read and discuss the book *Dragons Love Tacos*.
- ✓ *Vary your fruits and veggies, eat different kinds of fruits and veggies!*



### Process

- ✓ Students wash their hands with soap & warm water.
- ✓ Students use plastic gloves, plates & plastic knives to cut up tomatoes & bell peppers.
- ✓ Add all salsa ingredients together, serve & eat with 3-4 tortilla chips.
- ✓ Ask students “How they like their salsa?” Add hot sauce to individual servings based on their answers.
- ✓ *Grow healthy & strong by eating different fruits and veggies!*



### Family Letter

- ✓ Send home the family letter to let parents know about the fun activity students did in class.





## **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!

# Fresh Salsa

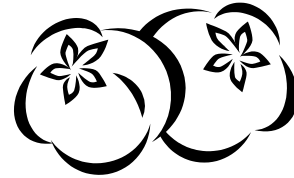
Color in the pictures and write the name.



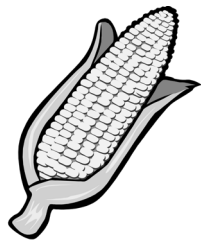
**MILD**



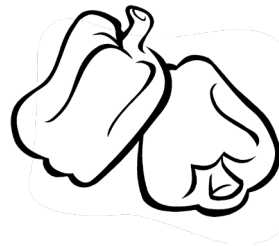
**SPICY**



**tomato**



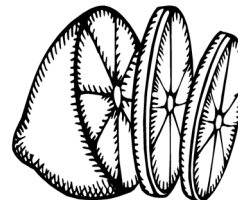
**corn**



**bell pepper**



**peaches**



**lime**

# Salsa Fresca

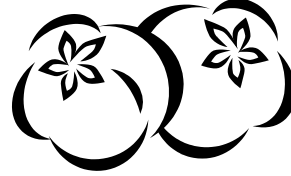
Colorea las figuras y escribe sus nombres.



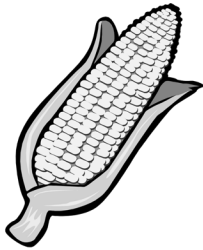
**suave**



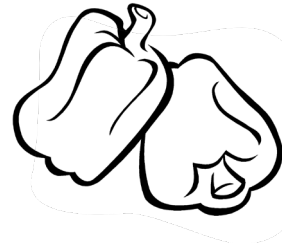
**picante**



**tomate**



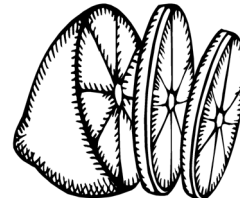
**elote**



**pimiento morrón**



**duraznos**



**limón verde**

## Kindergarten 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. 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 ingredients 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.



Los expertos descubrieron que comer con su familia crea un sentido de pertenencia, y está relacionado con el desarrollo positivo de los niños. Pruebe una de estas ideas para iniciar la conversación la próxima vez que esté comiendo con la gente que ama: Si pudieras viajar a cualquier parte del mundo, ¿a dónde irías? ¿De qué estás agradecido hoy?