

Seeds for Salsa (3rd Grade)



NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- prepare food** and **taste** a vegetable salsa.
- express ways** they can **eat colorful vegetables every day**.
- explain** the **health benefits** of eating vegetables.
- identify** that tomatoes, bell peppers, corn and beans are vegetables and that 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>Kitchen Bin</u></p> <ul style="list-style-type: none"> - can opener - cutting board (teacher only) - chef knife (teacher only) - small bowls - 1 large bowl - serving spoons <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"> - "All About Seeds" text copies - activity sheet copies* - recipe copies* - MyPlate poster - napkins* 	<ul style="list-style-type: none"> - 2 limes - 1 red bell pepper - 3 tomatoes - 1 Anaheim chili pepper - 1 can corn low-salt (15 oz) - 1 can black beans (15 oz) - tortilla chips (12-15 oz) - hot sauce - plastic coated paper plates* - 6 serving containers

*one per student

EXPERIMENT MATERIALS

Bins	Teacher Provides	Will be Delivered
	<ul style="list-style-type: none">- activity sheets copies*- markers	<ul style="list-style-type: none">- 3-4 dried black beans*- sealable baggies*- paper towels*

*one per student

SET-UP

Copies:

- Make copies of recipe (each student), text “All about seeds” (each student), and activity sheets (each student). **Note:** Use overhead device to cut down on making copies.

Work Area:

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

Food-Prep:

- Open can of corn and drain.
- Open can of beans, rinse and drain.
- Wash red bell peppers, Anaheim chili and tomatoes and cut into pieces (one per student). **Important:** Keep the seeds in the red peppers and Anaheim chili.
- **DO NOT WASH OUT SEEDS** so students can observe.
- Students will use plastic knives to cut up the tomatoes, Anaheim, red pepper.
- Have vegetables ready to pass out along with plastic coated paper plates, gloves and plastic knives.
- Wash limes and cut to squeeze into salsa.
- Have bowl, spoon, corn, beans and hot sauce ready to add to cut up vegetables.
- Have tortillas ready to pass out with the Colorful Seed Salsa, 3-4 per student.

Other-Prep:

Seed Sprouting Experiment

- Have bean seeds (3-4 per student), paper towels and zipper sandwich bags ready.
- Have permanent markers ready for students to write their name on their seed sprouting bag.
- Students will make predictions on their activity sheets then conduct the experiment. They may choose different ways to conduct the experiment. (*i.e., wet paper towel, dry paper towel, put bag in the sun, put bag in the dark.*)
- Hang MyPlate poster on the board.

Tip: This is a long lesson and may work better if split into two parts. The first part could be learning about seeds and the bean sprouting and the second part could be making the salsa.

INTRODUCTION WITH STUDENTS



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

Grow like a Seed!

Teacher calls out instructions. Students pretend they are seeds.

- ♥ Sit on the ground curled up like a seed in the dirt
- ♥ The seed gets water and grows bigger
- ♥ Your seed coat pops off!
- ♥ Stretch your feet out as your roots grow
- ♥ Reach your hands up as your stem/shoot grows
- ♥ Stand up on your tiptoes and grow towards the sun
- ♥ Stretch your arms up as high as they can go
- ♥ Wave your arms back and forth
- ♥ You are fully grown!
- ♥ You are so excited you run in place!

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

- Ask students to tell you why they think plants are important. Write the answers on the board. (they give us oxygen, we eat them, they are beautiful)
- Tell students that plants are a main source of food for many living creatures, including us.
- Ask students to name the different parts of the plant (roots, stem, fruit, seeds, leaves). Write these words on the board.
- Circle the word seeds and tell students that today they are going to learn about how important seeds are to us and to plants.
- Ask students what they know about seeds.
 - ✓ Where can you find seeds?
 - ✓ What do you think a seed has inside?
 - ✓ Can you name foods that are made with seeds?
 - ✓ Have you planted any seeds before?
- Pass out "All about seeds" text to students or show on overhead and read together.
- Show the MyPlate poster to students and ask them which food groups include seeds.
 - ✓ Vegetables: corn, tomatoes, peas
 - ✓ Fruit: all fruit has seeds inside or outside, we eat the strawberry seeds on the outside of a strawberry and spit out watermelon seeds
 - ✓ Protein: sunflower seeds, beans, and nuts
 - ✓ Grains: all grains are made from seeds, wheat seeds, corn seeds, etc.
- Explain that seeds are very nutritious. Have students imagine how a new plant starts from a tiny seed. It must have something very rich (enough nutrients) inside so that the new plant can grow. If the seed can support the new sprout, it is not hard to imagine that the seed is nutritious for us too!
- **Refer to the Key Behavior on the board and tell students that eating a variety of fruits and veggies means to eat different fruits and vegetables every day for their growing bodies. And that eating seeds and foods with seeds inside them is one way to eat different fruits and vegetables.**

- Tell students that they are going to be botanists (plant scientists) who study about plants by sprouting beans (seeds) and then they will make and eat a salsa made with fruits and vegetables that contain seeds or are seeds!

PROCESS

- Step 1: Tell students that they are going to sprout black bean seeds as an experiment. Discuss with students what they think a seed needs to grow (water, sun, soil, light, air, warmth). Tell students that they are going to use a sandwich bag and a wet paper towel to sprout bean seeds.
- Step 2: Pass out the “Bean Sprouting” activity sheet. Have students complete the steps for their experiment:
1. Gather materials: baggie, paper towel, bean seeds.
 2. Put their name on their bag.
 3. Put the materials together. (*Students choose how they want to conduct their experiment wet paper towel or dry.*)
 4. Where will they put the bag. (*sunny or dark place, warm or cold spot*)
 5. Write their predictions.
- Step 3: Pass out experiment materials and have students follow the steps that they wrote on their activity sheets. Plan to revisit the activity sheets and bean seeds in a week or so to see what happened and write down observations.
- Step 4: When students have finished the activity sheets, have them clean up their workspace and have them wash their hands with soap and warm water.
- Step 5: Go over recipe together with students.
Ask students to tell you what seeds they are eating in the salsa.
- limes (don't eat lime seeds)
 - red bell pepper (don't eat the red bell pepper seeds)
 - tomatoes (we do eat the seeds inside the tomatoes)
 - Anaheim chili pepper (don't eat seeds)
 - corn (are seeds)
 - **black beans (are seeds and are used in today's sprouting experiment)**
 - tortilla chips (made from dried corn seeds)
 - hot sauce (made from chili that has seeds)
- Remind students that today's snack is very healthy, easy to make, and delicious to eat.
- Step 6: Pass out vegetables for students to cut up. Have them observe the different seeds in the tomatoes, Anaheim chili, and bell peppers. We do not eat the seeds in the chili and bell peppers, but we do eat the seeds in the tomatoes.
- Step 7: Gather up all the cut-up vegetables and add the corn, black beans and lime juice to them. Remind students that both corn and beans are seeds that we eat! Add hot sauce to taste and serve with 3-4 tortilla chips.

Step 8: **Let's Eat, Let's Talk.** While students eat ask them what they learned. Help students organize their thoughts on how they can eat a variety of fruits and vegetables every day. Ask and discuss the questions in the box **Make Health Happen.**

Step 9: Remind students to take their recipes home to share with their families.

Make Health Happen

What did you like about the "Seeds for Salsa" recipe?

What does eating a variety of fruits and vegetables every day mean to you and how can you make that happen?

Tortilla chips fit in the grains group. How are they made out of seeds?

REINFORCING STANDARDS

Comprehensive Health

- **GR.3-S.2-GLE.1** Demonstrate the ability to make and communicate appropriate food choices.

Reading, Writing and Communicating

- **GR.3-S.1-GLE.1** Oral communication is used both informally and formally.
- **GR.3-S.1-GLE.2** Successful group activities need the cooperation of everyone.
- **GR.3-S.2-GLE.2** Comprehension strategies are necessary when reading informational or persuasive text.
- **GR.3-S.2-GLE.3** Increasing word understanding, word use, and word relationships increases vocabulary.
- **GR.3-S.3-GLE.1** A writing process is used to plan, draft, and write a variety of literary genres.
- **GR.3-S.3-GLE.3** Appropriate spelling, capitalization, grammar, and punctuation are used and applied when writing.

Science

- **GR.3-S.2-GLE.1** The duration and timing of life cycle events such as reproduction and longevity vary across organisms and species.

BACKGROUND INFORMATION

- Inside every seed lives a tiny baby plant or embryo. All seeds need water, oxygen, and proper temperature to germinate.
- The human diet includes many forms of seeds. The seeds we eat are grains, beans, peas, seeds, and nuts.
- Grains are the best sources of complex carbohydrates. Grains, especially whole grains, are also rich in soluble fiber (helps lower blood-cholesterol levels) and insoluble fiber (helps prevent constipation and protect against some forms of cancer). Whole grains also offer a significant amount of B vitamins (riboflavin, thiamin, and niacin), vitamin E, iron, zinc, calcium, selenium, and magnesium.
- Dried beans and peas are the best source of plant protein. Legumes are also rich in carbohydrates, B vitamins, zinc, potassium, magnesium, calcium, iron, and fiber. They are low in calories, cholesterol-free, fat-free, and inexpensive.
- Fresh beans and peas are considered vegetables and they offer some beta-carotene and vitamin C, which dry beans and peas don't have.
- Nuts and seeds are an excellent source of protein, fiber, and minerals. They are also high in fat. Most of the nuts and seeds contain unsaturated fat, which is believed to lower cholesterol levels in the blood.
- By selecting fruits and vegetables based on color variety, 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 can lower fat consumption since they are naturally low in fat. Thus, they can displace many fatty foods in the diet.
- 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.

Dear Family,

Today we made a salsa out of different vegetables that have seeds in them. They are called fruit-vegetables. Did you know that corn and beans are seeds we eat? Let's try making this salsa at home. We can start by putting these vegetables on our shopping list.



Parent Tip: If you food shop with your child, ask him or her to pick out 2 different colored vegetables to try at home.

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

Seeds for Salsa

Makes: 8-10 serving

Ingredients

3 tomatoes
1 red bell peppers
1 Anaheim chili peppers
1 can black beans (15 oz)
1 can corn (15 oz)
2, limes, juiced
tortilla chips
Add to taste: hot sauce

Directions

1. Cut up tomatoes, Anaheim chili and red peppers and put in a bowl.
2. Open and drain corn and beans, add to bowl.
3. Add lime juice and hot sauce.
4. Mix well.
5. Eat with tortilla chips.



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

Try new fruits and vegetables!

Serve colorful fruits and vegetables every day!

Querida Familia,

Hoy hicimos salsa con diferentes tipos de verduras que tienen semillas. Este tipo de verduras con semillas también pueden ser consideradas frutas. ¿Sabías que el maíz y los frijoles también son semillas? Intentemos hacer esta salsa en casa. Podemos empezar poniendo estas verduras en nuestra lista de compras.



Consejo para Padres: Si usted hace compras con su hijo, pídale que escoja 2 verduras de diferentes colores para probarlas en casa.

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

Salsa de semillas

Rinde: 8-10 porciones

Ingredientes

3 tomates
1 pimientos rojos
1 chiles Anaheim
1 lata de frijoles negros (15 oz)
1 lata de maíz (baja en sal), escurrida (15 oz.)
2 limones, exprimidos
Totopos
Agregar al gusto: Salsa picante

Instrucciones

1. Cortar los tomates y pimiento rojo y ponerlos en un tazón.
2. Abrir y escurrir el maíz y frijoles, agregar al tazón.
3. Agregar jugo de limón y salsa picante.
4. Mezclar bien.
5. Comer con totopos.



Elije comida enlatada baja o sin sal para reducir el sodio en su dieta.

¡Se valiente y prueba frutas y verduras nuevas!
¡Come frutas y verduras coloridas todos los días!

All About Seeds

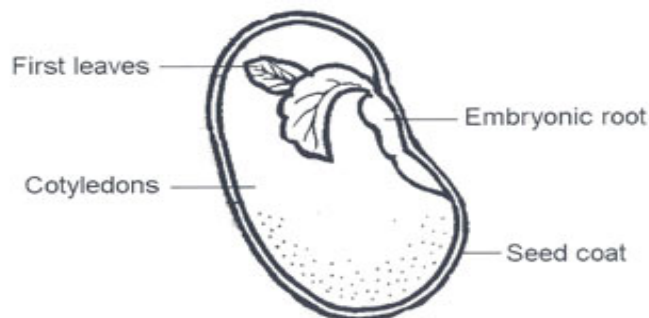
Seeds are an important part of our world. Seeds are everywhere and are part of every plant that grows. Seeds come in different sizes, shapes and colors. Some are big and hard like coconuts and others are small and soft like sesame seeds on hamburger buns.

Did you know that seeds travel? The fluffy dandelion seeds float in the wind and can travel far away from the plant. Animals help seeds to travel, too. They eat fruit like berries and apples. The seeds inside the fruit go through their bodies undigested and are dropped on the ground as they move from one place to another. Also some seeds have burrs. Have you ever walked through a field and gotten stickers on your socks? You were giving those seeds a free ride!

Seeds make new plants. Within every seed lives a tiny baby plant **embryo** which includes the **embryonic root** and the **first leaves**. The outer covering of a seed is called a **seed coat** and it protects the tiny plant inside. The seed also has food that is stored in the **cotyledons** for the baby plant to use until it grows leaves to make its own food.

Many of the foods we eat are seeds or have seeds inside them. All fruits have seeds inside them. Think of a watermelon or an apple! Can you name a vegetable that has seeds inside it? Cucumbers and tomatoes are vegetables with seeds inside them. We call them fruit-vegetables! The flour in bread, tortillas and crackers are made from wheat seeds. When we eat rice we are eating little rice seeds. The peanuts in peanut butter are seeds. Corn, beans and peas, are seeds we eat too.

Seeds are very healthy to eat because they provide carbohydrates for energy, protein for strong muscles, vitamins, minerals, fiber, and some fats, almost all the nutrients that our bodies need for growth in life!



Datos sobre las Semillas

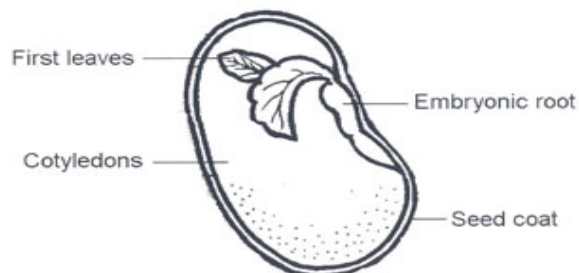
Las semillas son una parte importante de nuestro mundo. Las semillas se hallan en todas partes y son parte de cada planta que crece. Las semillas vienen en diferentes tamaños, formas y colores. Algunas son grandes y duras como el coco y otras son pequeñas y blandas como las semillas de ajonjolí (sésamo) en los panes para hamburguesas.

¿Sabías que las semillas viajan? Las semillas vellosas del amargón (diente de león) flotan en el viento y viajan lejos de la planta. Los pájaros y los animales también ayudan para que las semillas viajen. Ellos comen las frutas como y moras y manzanas. Las semillas que están adentro de la fruta pasan por el cuerpo de los animales ya que ellos no las digieren y se depositan en el suelo cuando se mueven de lugar a lugar. También algunas de las semillas tienen como espinitas (zurrónes espinosos). ¿Has caminado por el campo y ha agarrado espigas en tus calcetines? ¡Tú ayudaste a que las semillas viajen!

Las semillas hacen plantas nuevas. Adentro de cada semilla vive una planta bebé, o **embrión**, el cual está compuesto por la **raíz del embrión** y las **primeras hojas**. La parte exterior se llama **capa externa** y protege a la planta bebé que esta adentro. La semilla también tiene comida almacenada en los **cotiledones** de la planta bebé hasta que sus hojas crezcan y puede producir su propia comida.

Muchos de los alimentos que comemos son semillas o tienen semillas dentro de ellos. Todas las frutas tienen semillas dentro de ellas. ¡Piensa en la sandía o manzana! ¿Puedes nombrar un vegetal que tiene semillas dentro? Los pepinos y tomates son vegetales con semillas dentro de ellos. ¡Los llamamos frutas-vegetales! La harina en el pan, tortillas y galletas son hechas de semillas de trigo. Cuando comemos arroz, estamos comiendo semillitas de arroz. Los cacahuates (maníes) en la crema de cacahuates son semillas. El maíz, frijol y chicharos son semillas que comemos también.

Las semillas son muy nutritivas porque proveen carbohidratos para la energía, proteínas para músculos fuertes, vitaminas, minerales, fibra y algunas grasas ¡casi todos los nutrientes que necesita nuestro cuerpo para crecer en la vida!



Bean Seed Experiment

Name: _____ Date: _____

Steps for performing my bean seed experiment.

1. _____

2. _____

3. _____

4. _____

Draw your predictions. Label the parts of the plant.

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STOP! LET YOUR BEAN SEEDS GROW FOR ONE WEEK.

Draw your observations. Label the parts of the plant.

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Mi Experimento de la Semilla de Frijol

Nombre: _____ Fecha: _____

Pasos para realizar el experimento de la semilla de frijol.

1. _____

2. _____

3. _____

4. _____

Dibuja tus predicciones. Colócale el nombre a las partes de la planta.

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¡PARA! DEJA QUE LAS SEMILLAS DE FRIJOL CREZCAN POR UNA SEMANA.

Dibuja tus observaciones. Colócale el nombre

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