

Yum! Mmmm! ¡Qué Rico!



NUTRITION OBJECTIVES CHECK LIST

- ☒ Students **prepare food** and **taste** a salsa.
- ☒ Students **express ways** they can **eat fruits and veggies.**
- ☒ Students **explain** the **health benefits** of eating fruit and veggies.
- ☒ Students **identify** different vegetables that belong in the vegetable group.

MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<u>Kitchen Bin</u> <ul style="list-style-type: none"> - can opener - cutting board (teacher only) - chef knife (teacher only) - small bowls - 1 large bowl - serving spoons <u>In Paper Goods Bin</u> <ul style="list-style-type: none"> - plastic knives* - plastic gloves* (2 per student) 	<ul style="list-style-type: none"> - activity sheet copies* - world map 	<ul style="list-style-type: none"> - book: "Yum! MmMm! Que Rico!" by Pat Mora - 2 limes - 1 red bell pepper - 2 tomatoes - 1 yellow squash - 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 - family letters*

*one per student

Reinforcing Colorado Comprehensive Health Standards

Third Grade, Standard 2. Physical and Personal Wellness.1. Apply knowledge and skills to engage in lifelong healthy eating.

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 activity sheets (each student).

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 yellow squash, red bell peppers, Anaheim chili and tomatoes and cut into pieces (one per student, for students to then cut into smaller pieces using paper plates, plastic gloves, and knives.
- Have vegetables, plates, gloves, and plastic knives ready to pass out.
- 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 Indigenous Salsa, 3-4 per student.

Other-prep:

- Have book, *Yum! Mmmm! ¡Qué Rico!* ready to read to class.
- Have world map ready to show students North and South America.

INTRODUCTION WITH STUDENTS



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

Can you move with me? Repeat to get your heart rate up.

- ♥ Hop on one foot (10 times)
- ♥ Hop on the other foot (10 times)
- ♥ Jump-Squat-Jump (10 times)
- ♥ Do Jumping Jacks (10 times)
- ♥ Touch your toes (10 times)

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

- Today students will:
 - Learn about different fruits and vegetables that are indigenous/native to North and South America.
 - Make and taste a colorful salsa with some of the indigenous foods.

- Listen to a book that features haiku poems about indigenous foods to North & South America and make their own food haikus.
- Go over the new vocabulary word **indigenous**. *The first people, animals, and plants to live in a place.* When something is *native or indigenous* to a place, it first started in that place. For example: *Potatoes are indigenous to (first grew in) the Andes Mountains in South America and were brought to Europe by explorers where they became a very important food for the people in Europe.*
- List of some indigenous foods to North and South America:
 - Blueberries, Strawberries, Cranberries
 - Chilies, Chocolate, Corn
 - Yellow Squash, Bell Peppers, Beans, Tomatoes
 - Papaya, Pineapple, Potatoes, Peanuts, Pecans
- **Refer to the Key Behavior on the board and tell students that salsa is a great way to try new fruits and veggies to help them fill half their plate with them to get the nutrients they need every day. And today they will make a taste a Colorful Salsa made from indigenous foods of the Americas.**
- Ask students to think of ways in which they can make sure to eat the fruit and veggies their bodies need every day. In the lunchroom? At home?
- Fruit and Veggies have fiber, vitamins A and C and minerals like zinc, and magnesium. to help our bodies grow and function properly.
- Discuss what a haiku poem is with students. A haiku is an unrhymed poem consisting of 17 syllables arranged in 3 lines: 5, 7, and 5.
- Read the book *Yum! Mmmm! ¡Qué Rico!*, which shares creative haiku poems about a variety of indigenous foods from the Americas. The book also gives facts about each food celebrated, including blueberries, corn, potatoes, papayas and more!

PROCESS

- Step 1: Have students wash their hands with soap and warm water.
- Step 2: Go over the recipe for the “*Colorful Salsa*”.
- Ask them to tell you where all the ingredients fit in MyPlate.
 - What foods were in the book? (*tomatoes, corn, blueberries, squash*)
 - All foods in the salsa are indigenous to the Americas except for the lime.
 - The tortilla chips are made from corn.
- Step 3: Pass out the plates, plastic knives and gloves and different vegetables for students to cut into small pieces.
- Step 4: Collect the vegetables in a large bowl, add the beans, corn, juice of limes, and hot sauce to taste. (Have students save plates for eating off.)
- Step 5: Serve students small taste of salsa with 3-4 chips. Remind them that tasting new foods helps them get the fruits and veggies they need.
- Step 6: **Let’s Eat, Let’s Talk. While students taste the salsa, have them discuss the questions in the box Make Health Happen.**

Step 7: Students will write their own haiku poems. To demonstrate name a favorite food and describe it and then using the worksheet create a haiku together.

Encourage them to use adjectives appealing to the senses: sight, touch, taste, hearing, and smell.

Example: **Berries**
Berries, blue and red
Sweet or tart, juicy goodness
Deliciousness, joy.

Step 8: Pass out activity sheets and have students make their own poem.

Step 9: Pass out recipes and encourage students to share it with their family.

Make Health Happen

- ☒ what did you like about today's colorful salsa?
- ☒ would this be a good after school snack or with dinner?
- ☒ why is it important to try new foods?

BACKGROUND INFORMATION

- **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. By creating your own fresh salsa, you can control how much sodium goes into the recipe.
- Salsa can include many different vegetables and fruit. Tomatoes, chilies, peppers, onion, corn, cilantro, lime juice, and mango are all very popular salsa ingredients. Preparing and tasting fresh salsa is a fun and nutritious way to eat vegetables and fruit. Canned tomatoes are a great substitute in salsa if fresh ones are not available.
- **History of the Tomato:** Tomatoes originated in the Andes Mountains of South America. They 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 indigenous people living in those areas. The tomato was brought from Mexico to Spain by the Spanish conqueror Hernando Cortes in the 1520s. It was not until the 1800s that it became a popular food in Europe and North America. **Tomatoes** are a nutrition packed food containing vitamin C, vitamin A, potassium, and fiber. Research suggests they may help reduce the risk of certain cancers.
- **Sweet peppers** and **spicy chilies** also originated in the Americas and were then brought over to Europe. The spicy varieties spread quickly throughout the world and became popular for adding spice to many dishes. Today spicy peppers or hot chilies are very popular and are used all over the United States. Sweet peppers and spicy chilies are also nutritious. They contain vitamin C and vitamin A which may help the body fight disease and may even help prevent certain types of cancer.
- **Corn**, also called maize, is a native plant of North America. Indigenous peoples in the US introduced corn and some of its uses to early colonists. Today, the U.S. is the largest producer of corn in the world.
- **Corn tortillas** and **tortilla chips** are made from cornmeal and originated in Mexico. They are still an important staple food in Mexico and among the Hispanic population in the U.S.
- For centuries, people across Mexico and Central America used a process called nixtamalization, which is when corn is first boiled in a mixture of ashes and water and pounded into paste. Once the millstone was invented, this process was abandoned. Soon after, corn-dependent culture began to exhibit a host of disease symptoms. It was later found that the alkaline ash increased the bioavailability of vitamin B3, or niacin, which reduced people’s risk of pellagra.

HAIKU

By: _____



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Family Letter



Scan this QR code to watch how to make a similar snack to what we made in class.

Dear Families,

Today your student made a salsa (recipe below). They also learned that salsa is a fun way to eat different kinds of vegetables and fruits. After enjoying their snack, they wrote poems about foods they love to eat.

Fun Fact: Experts found children are more likely to try foods when they are involved in the preparation. If possible, have your student help put the salsa together.

Colorful Salsa

Makes About: 8-10 servings

Ingredients

- 2 tomatoes
- 1 red bell pepper
- 1 Anaheim chili pepper
- 1 yellow squash
- 1 can black beans (15 oz)
- 1 can corn (15 oz)
- 2, limes, juiced
- tortilla chips
- hot sauce to taste

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

Total Recipe Cost: \$8.00 - \$11.00

Directions

1. Cut up tomatoes, Anaheim chili, red bell pepper, and yellow squash 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.



With the winter season here, fresh produce can be hard to find or expensive. Canned fruits and veggies have the same amount of nutrients as their fresh counterparts. When possible, aim for no salt and no sugar added options. Give canned fruits and veggies a try for your next meal.



Movement is about nourishing the mind and the body!

Even a five-minute video that gets you moving benefits your overall health. Follow the QR code for a fun activity.

In Your Seat:



On your Feet:





Escanee el código QR para ver cómo hacer un aperitivo similar al que hicimos en clase.

Queridas familias:

Hoy su estudiante hizo una salsa (receta a continuación). También aprendieron que la salsa es una forma divertida de comer diferentes tipos de frutas y verduras. Después de disfrutar de su merienda, escribieron poemas sobre los alimentos que les gusta comer.

Dato curioso: Los expertos descubrieron que es más probable que los niños prueben alimentos cuando participan en la preparación. Si es posible, pídale a su estudiante que ayude a preparar la salsa.

Salsa de colores

Rinde: 8-10 porciones

Costo total de la receta: \$8.00 - \$11.00

Ingredientes

- 2 tomates
- 1 pimiento rojo
- 1 chile California
- 1 calabaza amarilla
- 1 lata de frijoles negros (15 onzas)
- 1 lata de elote (baja en sal), escurrida (15 onzas.)
- 2 limones verdes, exprimidos
- Totopos de maíz
- Salsa picante al gusto

Instrucciones

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

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



Con la temporada de invierno que ha llegado, las frutas y vegetales frescos pueden ser difíciles de encontrar o más caros. Las frutas y vegetales enlatados tienen la misma cantidad de nutrientes que las frescas. Cuando sea posible, busque opciones sin sal ni azúcar. Pruebe las frutas y vegetales enlatados en su próxima comida.



¡El movimiento se trata de nutrir al cuerpo y al cerebro!

Incluso un video de cinco minutos que le ayude a moverse beneficia su salud en general. Siga este código QR para hacer una actividad divertida.

En su asiento:



En sus pies:



Videos en inglés.