

Salsa



Developed by Brigit Dooley, Las Cruces Public Schools 2013
Inspired by the Cooking with Kids Program - Lynn Walters and Jane Stacey, Creators

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Salsa

Grades 2 - 3: Salsa Tasting Lesson

Preparation (20 minutes)

1. Have students wash hands with soap and warm water. Divide students into groups for preparing the two salsa recipes on page 7. For each recipe, assign students to:
 - collect cooking equipment
 - collect each ingredient
 - measure each ingredient
 - mix the ingredients together
 - pass out food trays, napkins & forks
 - serve the salsa
 - serve the chips/crackers
 - clean up

Food Information and Activities (10 minutes)

2. Read and discuss the farmer letter and the history of salsa. Review the vocabulary words and review questions.

Using the Tasting Chart (15 minutes)

3. Ask students to draw and label the two varieties of salsa.
4. Taste each variety together, taking turns describing how each salsa looks, smells, tastes and feels.
5. Vote on which of the salsas was the favorite. Complete the bar graph to show how the class voted. Direct students to additional activity pages.

Clean Up (5 minutes)

8. Encourage students to take responsibility for cleaning up. Ask students to clean their tables, dispose of trash and clean up the floor.

Learning Objectives

- Explore healthy food choices.
- Practice observation and drawing skills.
- Use senses to explore personal preference.
- Distinguish and articulate similarities, differences.
- Learn graphing concepts and skills.
- Learn measuring concepts.

Drawing Suggestions

- Use colored pencils and crayons.

Enrichment Options

- Ask students to bring a salsa recipe from home and create a classroom salsa recipe book.
- Invite parents/grandparents of students to come share their salsa recipe with the class.
- Use your *Cooking in the Classroom* money to make other types of salsa

Salsa Tasting Supplies

- Ingredients as listed on page 7.
- 2 Stainless steel mixing bowls
- 2 black plastic mixing spoons
- stainless steel measuring cups and spoons
- 1 box of small food preparation gloves
- Small paper food trays, napkins and forks. One each per person.

La Semilla Youth Farm



Dear Students,

We are youth who work with La Semilla Youth Farm in Anthony, New Mexico. Anthony is in the Mesilla Valley between El Paso and Las Cruces, where food has been grown for generations.

La Semilla Youth Farm is a place where the community can come and learn about how to grow food, including how to build healthy soil to feed the plants and how to harvest the fruits and vegetables when they are ready. We also teach about native desert plants, many of which can be used for food or medicine.

We grow many crops at our farm. When it is cooler outside, we grow broccoli, carrots, salad greens and many other vegetables. During the warmer months, we grow squash, corn, eggplant, and many of the ingredients found in fresh salsa, including tomatoes, chile, and onions.

Farming is a lot of work, and we are proud to bring healthy food to our families and the community. We hope you will come by and visit La Semilla Youth Farm soon!

Sincerely,
La Semilla Youth Farmers

Salsa

The History of Salsa

Salsa is a mixture of chiles, tomatoes, spices and other vegetables. This mixture was named salsa in 1571 by a Spanish priest named Alonso de Molina. In Spanish, the word salsa means "sauce."

The first salsas were made thousands of years ago by the Incas, Mayans and Aztecs in Mexico and Central America. These cultures made salsa with tomatoes, beans, chiles and squash seeds. They would eat the salsa on turkey, lobster and fish - not on chips!

Read the list below to learn about the types of salsa eaten by people in different countries:

<u>Country</u>	<u>Type of Salsa</u>
• Argentina	Chimichurri - parsley, onion, oil, vinegar and spices
• Costa Rica	Salsa Lizano - onion, carrot, cauliflower, cucumber, mustard and spices
• Cuba	Mojo - olive oil, garlic and citrus juice
• Peru	Peri Peri - chiles, garlic, lemon juice, oil, vinegar and spices
• Mexico	Pico de Gallo - fresh tomatoes, onion, chiles, cilantro, lime juice Salsa Roja - cooked tomatoes, onion, chiles, garlic and cilantro

Salsa can be made with vegetables or fruit. Vegetable salsas use tomatoes as the main ingredient. Fruit salsas can have mangoes, pineapples or peaches as the main ingredient.

Vitamins & Minerals in Salsa

Vitamin C - keeps you from getting sick

Vitamin A - healthy eyes and skin

Magnesium - healthy teeth and bones

Potassium - healthy muscles

Vocabulary

Sauce

What foods did the Incas, Mayans and Aztecs put salsa on?

Aztec

Vegetable

What type of salsa is made in Peru?

Activity: Let's make Salsa!

Work in groups to make the salsas for your tasting.

PINEAPPLE SALSA

Materials:

Mixing Bowl Mixing Spoon Measuring Cups Measuring Spoons Gloves

Ingredients:

- 2 limes, cut into quarters
- 4 cups pineapple tidbits, drained
- 2 cups red bell peppers, chopped into small pieces
- 3/4 cup cilantro, chopped
- 1/2 cup red onion, chopped into very small pieces
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt



Directions:

1. Squeeze the juice from the cut limes into the mixing bowl.
 2. Add the rest of the ingredients and stir until they are mixed together.
 3. Serve each person 1/4 cup of salsa with whole grain crackers or pita chips.
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FIESTA SALSA

Materials:

Mixing Bowl Mixing Spoon Measuring Cups Measuring Spoons Gloves

Ingredients:

- 1 lemon, cut into quarters
- 2 cups canned diced tomatoes, drained
- 1/2 cup yellow onion, chopped into very small pieces
- 1 1/2 cups frozen corn, thawed and drained
- 1 cup frozen green chile, thawed and drained
- 2 cups canned black beans, drained and rinsed
- 1 teaspoon garlic powder
- 1/2 teaspoon salt

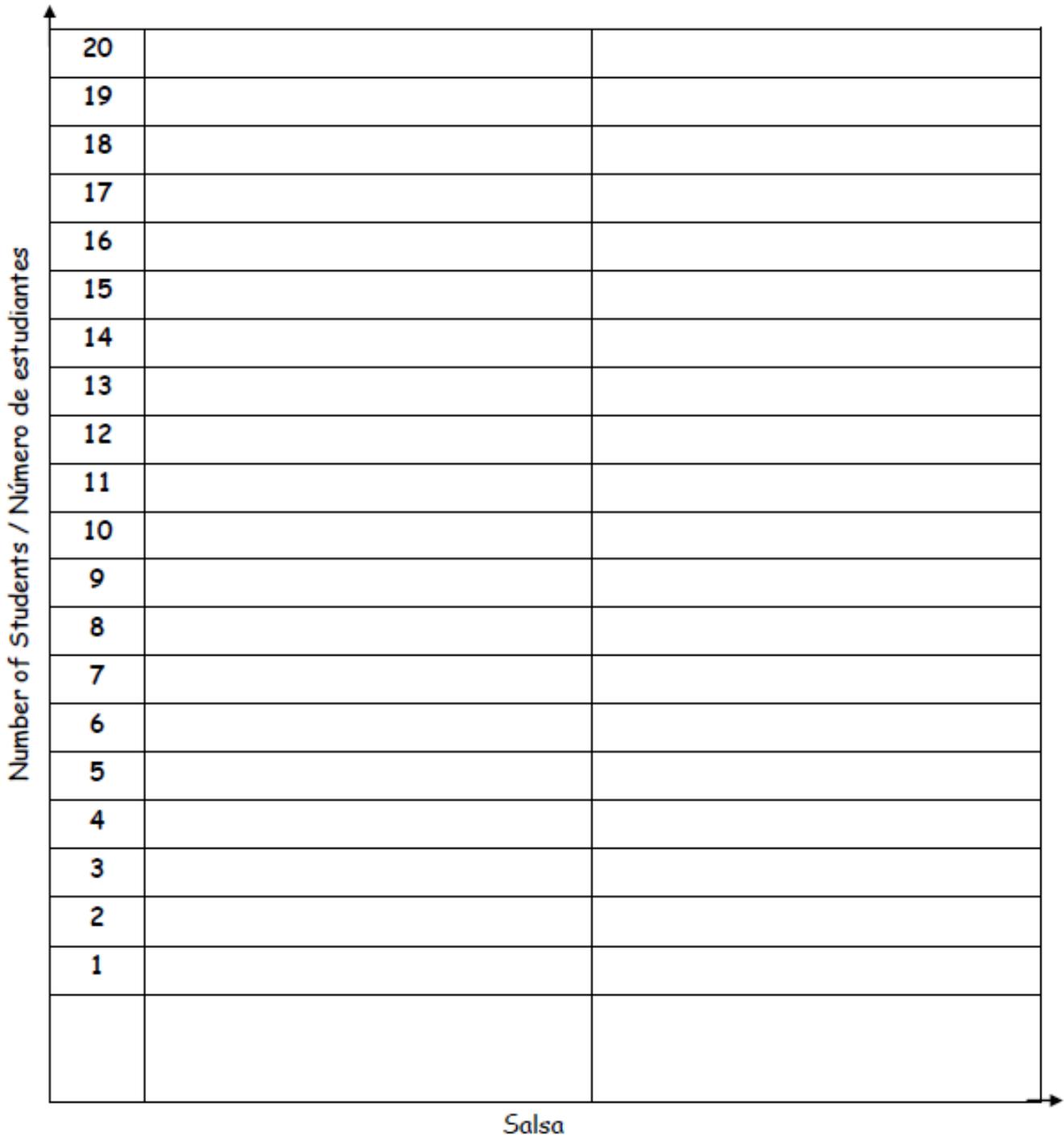


Directions:

1. Squeeze the juice from the cut lemon into the mixing bowl.
2. Add the rest of the ingredients to the bowl and stir until they are mixed together.
3. Serve each person 1/4 cup of salsa with whole grain crackers or pita chips.

Make a Bar Graph / Haga un Gráfico

- ⇒ Show how your class voted. Write the name of each Salsa at the bottom of the graph. Then color the number of boxes to show how many voted for each one.
- ⇒ Muestre como votó su clase. Escriba el nombre de cada Salsa al fondo del gráfico. Luego colorea el número de cuadros para mostrar cuantos votaron por cada una.



Salsa: Map Activity



1. Color **Mexico** green.
2. Color **Costa Rica** orange.
3. Color **Cuba** blue.
4. Color **Peru** red.
5. Color **Argentina** yellow.

Pick one of the countries that you colored and write it on the line below.

What kind of salsa is made in the country you chose?

Salsa: Math Activity

Use a ruler to measure the chilies and answer the questions below.

Chile #1



Chile #2



Chile #3



1. How long is chile #1 from stem to tip? 3 inches
2. How long is chile #2 from stem to tip? 4 inches
3. How long is chile #3 from stem to tip? 2 inches
4. Which chile is the longest? chile #2
5. Which chile is the shortest? chile #3
6. How much longer is chile #1 than chile #3? 1 inch

Take-Home Activity / Actividad para Llevar a Casa



- ⇒ Work with your family to answer the questions below. Answer in complete sentences.
- ⇒ Trabaje con su familia para responder las preguntas a continuación. Responda las preguntas utilizando oraciones completas.

1. What kind of salsa does your family like to make?
¿Qué clase de salsa le gusta hacer a su familia?

2. What ingredients are in the salsa you make?
¿Qué ingredientes son de la salsa hacen?

3. Where did your family's salsa recipe come from? (a cookbook, a grandparent, a friend, or somewhere else?)
¿De dónde vino la receta de salsa de su familia? (¿Libro de recetas, la abuela, un amigo/a o de alguna otra parte?)



