

1st Grade Fall - Salsa Making

Date: As early as possible in September or early October.

Description: Works best as a full hour lesson with two or more parent volunteers (one to go out to the garden, and one or two to help the teacher inside). This is a materials- and prep- heavy lesson, so make sure you bring everything you need and arrive slightly early to prepare. There will be three rotations in the first section: 1) Learning Plant Parts and Harvesting, 2) Chopping tomatoes/peppers and recipe copying, 3) Onion, garlic, cilantro, lime preparation. After ingredient prep, everyone will gather together to make the salsa, watch the ingredient measurement process and enjoy tasting salsa.

Objective: Students will learn the six parts of a plant, how to use simple tools to make salsa. Students learn fractions via cooking measurements and by creating a salsa recipe.

Background: It is important for children to learn about the six different parts of a plant. In addition to familiarizing themselves with different plants, kids can also learn that the different parts of the same plant are edible *and* toxic (e.g., a tomato fruit is safe to eat, while a leaf is not).

Plants are composed of roots, stems, leaves, flowers, fruit, seeds. Salsa contains many of these plant parts (tomatoes/peppers=fruit and seeds, garlic/onion=roots, cilantro=leaves, lime=fruit, etc.), except for flowers.

Preparation (All materials available through F2S, but can be brought from home):

- Ingredients: chips, onion, garlic, limes, cilantro, jalapeno (optional), salt.
- Kitchen equipment bin: garlic press, knives, six cutting boards, one big bowl, 6 small/medium bowls, juicer, measuring cups/spoons, large mixing spoon.
- Equipment F2S can supply: reusable plates, food processor.
- Gather and Prepare plant part cards (cut up), plant part diagram, index cards, pencils, white board, and white board markers.
- Write the recipe on the board, and expected rotation time (12 min) for the teacher.
- Set up two station tables for 1) chopping tomatoes and peppers, with serrated knives, cutting boards, two medium bowls, index cards and pencils (to write down recipe). Pick some tomatoes and peppers beforehand and set them here so that the first group has vegetables to cut up. 2) Onions, garlic, cilantro, lime (and jalapeno) -garlic press, juicer, bowls, and a cutting board here.

Action:

- Break students into three groups and have students wash their hands.

Station 1: Harvesting Tomatoes/Peppers, Plant Parts (12 min):

- As the group walks to the garden, have them pair up and walk beside a partner and discuss what the six parts of a plant are.
- Once at the garden, go over garden rules. 1) Keep feet out of beds and on paths; 2) don't pick anything without asking first; 3) be respectful to garden creatures, equipment, fellow gardeners; 4) Keep tools below the waist (low and slow).

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- Have students direct to where the tomatoes are. Once there, using the plant diagram, see if students can name the six parts of a plant. As a part is identified, talk about what it does for the plant. (Roots bring water and nutrients from the soil to the plant; stems transport water and nutrients and support the plant; leaves make food from the sun for the plant to grow; flowers once pollinated create seeds; fruit protect the seeds; seeds are new baby plants) It is helpful to illustrate with your body (e.g. by being strong like a stem, fingers down to the ground as a root, etc.)
- Each student will be assigned to pick a tomato or pepper (for every seven or eight kids picking a tomato, have one pick a pepper). Have the children number off, picking one number to represent pepper, and the rest tomatoes.
- Once they have harvested, lead the group inside to the sink to rinse their fruit.

Station 2: Chopping Tomatoes and Peppers (12 min)

- Students will chop up their vegetable with the serrated table knives, (give them proper cutting instruction- (knuckles, not fingertips, forward).
- Students write down the recipe on an index card.

Station 3: Onions, Garlic, Cilantro and Lime (12 min)

- Give proper instruction on cutting (knuckles, not fingertips, forward or claws in).
- The students can take turns preparing the ingredients. Oversee one child at a time chopping the onion. Peel and press garlic into a bowl, take leaves off stems of cilantro, and juice limes.
- If using $\frac{1}{2}$ of a jalapeno, have one student be in charge of cutting it up and instruct them not to rub their eyes before washing their hands.

Group Activity: Preparing the Salsa Recipe (5 min)

- You or a student volunteer can measure out each ingredient in the recipe and place it into the bowl as you read out the quantity and ingredient from the board.
- This is a good opportunity to talk about fractions and measuring utensils. How many $\frac{1}{2}$ cups in a cup, whether a cup or a $\frac{1}{2}$ cup is larger, why we don't put in $\frac{1}{2}$ cup of onions and a $\frac{1}{4}$ cup of tomatoes, the difference between a tablespoon and a teaspoon.
- Optional: if using a food processor, measure the ingredients into it.
- Don't pass out chips alone - students should only eat chips WITH salsa. It's delicious!

Wrap-Up: (if time allows)

- Hand out plant part cards to everyone.
- "When I call out an ingredient from the recipe, raise your hand if you are holding that plant part card." For example, if I said pepper, what part of the plant is that? *Fruit*. Those with fruit cards would hold up their card.

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Recipe:

- 4 cups tomatoes
- ¼ cup onion
- ¼ cup bell peppers
- ½ jalapeno
- 2 T garlic minced

- 2 T lime juice
- ½ cup fresh cilantro
- 1 t salt

Mix together and serve with corn chips. Enjoy!