

Strawberry Salsa

Instructions and ingredient quantities are written for a class of approximately 20 children.

Ingredients

4 quarts local strawberries
1 cup green onions
1 cup cilantro
4 limes
2 teaspoons kosher salt
2 bags of corn tortilla chips



Materials

At Each Student Cooking Station

Cutting boards or paper plates (one for each child)
Plastic knives (one for each child)
3-4 large bowls (one for each table)
3-4 small bowls (one for each table-to use for compost)
Tablecloths (one for each table)
3-4 choppers (one for each table)

At Teacher's Station

Paper plates
Plastic forks
Sharp knife
Cutting board
Large serving spoon

At Sink Area

Sponge, dish soap, paper towels

Before you start cooking:

Set up the students' tables for the cooking class. Wash the tables/desks and lay table cloths over them. Put a cutting board and plastic knife at each student's place; put two bowls, a spoon, and a chopper

Steps with the Students

Keep it clean

Ask students to wash their hands thoroughly. Review proper hand washing techniques: Wet hands with clean water, add soap, rub hands together vigorously and scrub thoroughly. Rub hands with soap for at least 20 seconds (sing ABCs), rinse with clean water.

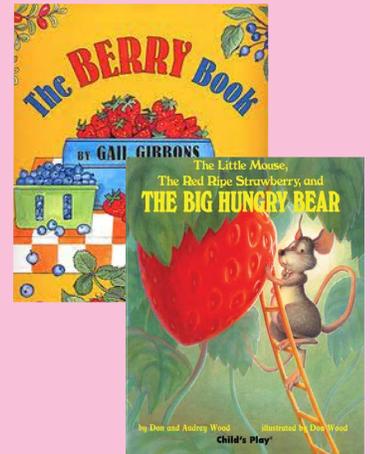
Introduce the Ingredients

Write the list of ingredients on the board. Show students the ingredients in their whole form and point out which part we eat. This is your opportunity to tell the story of the fruits and vegetables in the recipe and to create buy-in from the kids to try them. For this recipe, tell the students a few strawberry facts or your own story or memory about eating strawberries. Tell them about the farmer who grew the strawberries. Ask them, why does it matter that some (or all) of the ingredients were grown close by? Get their ideas and then offer your ideas (fresher, tastes better, keeps jobs in our community).

Literature Connections

The Berry Book
by Gail Gibbons

The Little Mouse, the Red Ripe Strawberry, and The Big Hungry Bear
by Don and Audrey Wood



Curriculum Connections

Use hands-on cooking classes as a mechanism for teaching curriculum concepts. A few ideas for activities to accompany the salsa recipe include:

1. Allow students to investigate a whole strawberry- how they look, feel, and smell. Ask them to examine the seeds on the surface of the berry. Explain that strawberries are the only fruit that have seeds on the outside.
2. Read *The Little Mouse, The Red Ripe Strawberry, and The Big Hungry Bear* book. Introduce the concept of predicting. Ask the students to predict what will happen as the story progresses.

Curriculum Alignment

Find a list of which Common Core State Standards and NC Essential Standards this lesson plan aligns with on the lesson plan page at www.growing-minds.org.

Introduce the Equipment

Show the students each of the tools they will use in this recipe and have them guess what the tool is used for. Demonstrate the proper way to hold and handle the tools.

What's going to happen? Review the Steps with Students

Go over each of the steps of making the recipe, from washing the vegetables to trying the salsa (yes-trying it is a step!). **Write the steps on the board.**

Step 1: Wash all fruits and vegetables.

Step 2: Using a plastic knife, remove the tops and slice the strawberries into a medium bowl.

Step 3: Using fingers, remove cilantro leaves from the stems.

Step 4: Chop the green onions and cilantro.

Step 5: Add all ingredients to bowl and toss with the strawberries.

Step 6: Cut the lime and squeeze the juice into the strawberry mixture.

Step 7: Add salt and stir.

Step 8: Try it!

Step 9: Clean up.

Get Them Cooking!

Wash and Prepare the Ingredients

Choose several children to wash the produce by running under water (with a teacher's assistant or volunteer's help). Bring the produce back to the teacher's cooking station and prep them while talking a bit more about each ingredient. See preparation instructions in the ingredient list.

Slice, Chop, Mix!

Ask the students to take a seat at the tables/desks. Put a few strawberries, green onions, a bit of cilantro, and a slice of lime on each child's cutting board. Prompt students to start slicing the strawberries by using their plastic knives. Place strawberry tops in compost bowl and sliced strawberries in separate medium bowl. Prompt them to take turns chopping the green onions and cilantro. When the children use the choppers they should take turns chopping and then pass the chopper. (Create a pattern with this step by having the students chant Chop, Chop, Pass; Chop, Chop, Pass; Chop, Chop, Pass, etc.). Once the ingredients are small enough students can add them to the bowl of strawberries on the table. Prompt students to squeeze their lime into the salsa. Take turns mixing.



Last Steps

Taste it!

Give each child a paper plate with several chips and a spoonful of their groups' salsa. Prompt the children to try their salsa together all at once.

Clean Up

Kids can help in the clean up process by putting their plates in the trash and helping to pick up debris on the floor. While you finish clean up, ask a volunteer to read the suggested books.

Did you know. . .

Most strawberries are not actually grown from seeds!



As strawberry plants grow they send out thin growths called "runners."

These runners look like thin strings. When they reach the ground, they send roots into the soil and produce new plants.

More Strawberry Activities

Strawberry Detectives

- If possible, provide children with magnifying glasses and have them examine the outside of the strawberries.
- Explain that the little dots are actually seeds. Can they guess how many seeds there are on one strawberry?
- share that each strawberry has around two hundred seeds and that strawberries are the only fruit with seeds on the outside.

Mindful taste test

Ask the students to hold, examine and smell their strawberry. Then, have them take one bite and pause before chewing and swallowing the strawberry. How many words can they come up with to describe how the strawberry looks, feels, smells, and tastes? Write out the students describing words on the board.