



# Tomato Salsa: Preschool Lesson



## Objectives

- Children learn how to make their own snack and through a hands-on cooking experience gain motivation to try a new local vegetable.
- Children become comfortable with tasting new foods in the supportive, positive environment of their preschool.
- Children learn about kitchen utensils and how to use them to make a specific recipe.

## NC Foundations for Early Learning and Development

### Goals Addressed:

APL-5, APL-8  
HPD-1, HPD-5, HPD-6  
LDC-1

## Materials

*(amounts given are for approximately 20 children)*

- 3 pounds of large local tomatoes or 4 pints of small tomatoes such as yellow pear, sun gold, or cherry tomatoes
- 2-3 sweet green, red, or yellow local peppers
- 1 bunch cilantro
- Salt and pepper to taste
- 3-4 limes
- 2 bunches green onions (optional)
- 3 garlic cloves (optional)
- Corn tortilla chips
- Bowls
- Plates
- Plastic knives
- Knife *(for adult use only)*
- Cutting board

## Preparation

It is easiest to prepare ahead of time so that each child can have their own paper bowl full of ready to chop vegetables.

*Peppers*-wash, remove seeds, and cut into large chunks that the children will chop into smaller pieces

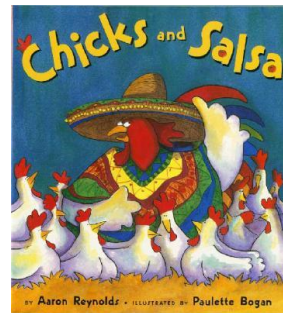
*Onions*-wash

*Cilantro*- wash

*Tomatoes*- wash

*Limes*- cut into 20 pieces (one for each child)

*Garlic cloves*- peel and chop finely



**Book to Read**  
Chicks and Salsa  
by Aaron Reynolds



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## Activity

Ask children to wash their hands. Ask if any of them have had salsa before. What was the main ingredient in the salsa? Show and name the ingredients the children will be using in to make their own salsa. Talk about the farmers that grew the local vegetables you will be using. Demonstrate how to chop the vegetables into smaller pieces. Give each child their own paper plate, paper bowl, and plastic knife. Give each child a paper bowl containing all the ingredients. Have the children cut the ingredients into small pieces on their paper plate and then place it back into their individual bowl. Once they are done cutting, prompt them to squeeze the juice out of their lime into their bowl of cut up ingredients. Add a dash of salt and pepper to each of their bowls. Then, have them mix it up. Eat and enjoy with tortilla chips! When the children have finished their snack, prompt them to help clean up by putting their paper products in the trash and/or wipe the table.

## Class Follow Up

Send home a recipe for tomato salsa with each child.



# Tomato Salsa: Preschool Lesson



## Tomato Salsa

### Ingredients:

1 lb. of large local tomatoes or 1 pint of small tomatoes	½ bunch of cilantro
1 sweet green, red, or yellow pepper	1 lime
1-2 scallions/green onions (optional)	salt and pepper
1 garlic clove (optional)	corn tortilla chips

**Tools:** cutting board, knife, mixing bowl

**Steps:** Wash all the vegetables. Cut the tomatoes and scallions into small pieces. Remove the seeds from the pepper and cut into small pieces. Mince the garlic. Tear the cilantro into small pieces using your hands.

Add all the chopped and minced ingredients to bowl. Slice the lime and squeeze the slices so just the juice goes into the bowl. Add a dash of salt and pepper and stir the salsa. Enjoy on chips, quesadillas, or anything else you can think of!



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