

# Week 4: Pineapple Pineapple Salsa



**Purpose** To increase children's knowledge of and confidence to try new fruit.

- Goals** By the end of this lesson, students will be able to:
1. List the characteristics of and benefits of eating tropical fruit.
  2. Make a tropical fruit snack.
  3. Students will be able to state the catchphrase of the day to share with family and friends.

***This lesson will be evaluated by student responses to "Give a 'high fiber five' for tropical fruit!"***

## Ingredients

(For 20 students=4 groups of 5 students & 1 demo)

- |   |   |
|---|---|
| 5 cups canned black beans, rinsed & drained | 10 lime wedges                              |
| 5 cups diced pineapple                      | salt and pepper                             |
| 2.5 cups diced green bell pepper            | 25 cups whole grain or baked tortilla chips |
| 10 tablespoons chopped fresh cilantro       | 25 zip-top sandwich bags                    |

## Materials

### For Chef Prep

- 1 cutting board
- 1 chef's knife
- 1 portion scoop (=1/4 cup)
- 2-3 bus tubs for dirty dishes
- foodservice gloves
- marker
- tablespoon measure

### For Kids' Cooking Demo

- 25 zip-top sandwich bags (1 per student plus demo)
- 5 mixing bowls (1 per group plus demo)
- 5 plastic spatulas (1 per group plus demo)
- 25 plastic forks (1 per student plus demo)
- napkins or paper towels
- student handouts and crayons
- sanitary wipes
- 30 prep bowls with lids (6 per group of 5 plus demo)
- 5 serving spoons (1 per group plus demo)
- 5 salad tongs (1 per group plus demo)

## Assembly **Ahead of time: Chef Prep**

Rinse and drain beans. Wash all fruits and vegetables before cutting. Cut pineapple and bell peppers. If using canned pineapple, drain juice. Chop cilantro. Using the ¼ cup portion scoop, fill 5 of the prep bowls with 4 scoops (1 cup) of black beans each; 5 of the prep bowls with 4 scoops (1 cup) pineapple and 5 of the prep bowls with 2 scoops (1/2 cup) bell pepper each. Using the Tablespoon measure fill 5 of the prep bowls with 2 Tablespoons cilantro, each. Place two lime wedges in each of the 5 prep bowls. Season the bell peppers with salt and pepper. Measure 5 cups (20 ¼ cup scoops) of tortilla chips into a large prep bowl or large zip-top bag. Cover all of the bowls with lids and label. You can pack these in the bus tubs if needed. Refrigerate or pack in coolers with ice until demonstration time.

## **During Kids' Cooking Demo**

**Set up (before kids arrive):** Each station (1 for you, and 4 groups of 5 students each) needs: 5 zip-top sandwich bags, 1 mixing bowl, 1 spatula, 5 plastic forks, 1 serving spoon, 1 pair of salad tongs and each one of the 6 different prep bowls (1 with black beans, 1 with pineapple, 1 with bell pepper, 1 with cilantro, 1 with lime wedges and 1 with tortilla chips). Each student gets a handout. Put crayons in the middle of the table and give each student a napkin or paper towel.

**DEMO:** In a mixing bowl, combine black beans, pineapple, green bell pepper, cilantro, and lime juice. Place 1 cup of chips in the sandwich bag and then pour a heaping 1/3 cup of salsa over the chips. Seal the bag and shake gently. Eat the chips and salsa out of the bag with clean fingers or a fork.

# Week 4: Pineapple

## Pineapple Salsa



## Nutrition Lesson Script

**Estimated Time** 15 minutes

**Lesson** *Facilitators will introduce themselves and introduce the topic.*

**(2 min)** *Set ground rules:*

1. Everyone stays in their groups and in their seats until asked to move.
2. No talking while facilitator is talking.
3. Everyone have fun!

Discuss the following information with the students:

1. Tropical fruit is a good source of fiber. (Show a whole pineapple.)
2. So why eat tropical fruit?

***Tropical fruits, such as pineapple, are a good source of fiber.***

3. (Say catchphrase)

***“Give a ‘high fiber five’ for tropical fruit!”***

**(7 min)** *Demonstration and Hands on Culinary Activity*

1. Make sure students watch the demo before they do it themselves.
2. Choose a student from the group as the “helper” to assist in the culinary activity.
3. Read the instructions step by step and have the “helper” demonstrate the culinary activity. Assist helper with mixing as needed.
4. Once demo is over, instruct the students to work in their groups to recreate the demonstrated activity. Volunteers should help where needed.

**(4 min)** *Coloring Activity (Do this while students are eating their snack.)*

1. Hold up coloring activity.
2. Ask children to write the catchphrase in the bubble.
3. Complete the maze with tropical fruits on both ends.
4. Remind students to throw away trash, recycle disposables when possible and put dirty dishes into the bus tubs.

**(2 min)** *Review the following information with the students:*

1. Tropical fruit is a good source of fiber. (Show whole pineapple)
2. So why eat tropical fruit?
3. Tropical fruits, such as pineapple, are a good source of fiber.
4. (Say catchphrase)

***“Give a ‘high fiber five’ for tropical fruit!”***