

Lesson 1: Corn Salsa



Purpose To increase children's whole grain intake.

Goals By the end of this lesson, students will be able to:

1. List the characteristics of and benefits of eating corn.
2. Make a whole grain 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

★ = Star food **“Corn has antioxidants, which are like superpowers for fighting sickness.”**

Ingredients 2.5 cups frozen sweet yellow corn, defrosted and drained★
(For 20 students=4 groups of 5 students & 1 Demo) plus 1 whole ear of corn for demo

- 2 medium-sized green bell peppers, seeded and diced
- 1/3 cup red onion, finely chopped
- 3/4 cup fresh cilantro, torn or chopped
- 2 limes, juiced (1/4 cup fresh juice)
- 1/2 teaspoon salt and 1/2 teaspoon pepper
- 16 ounces whole grain tortilla chips

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
- teaspoon measure

For Kids' Cooking Demo

- 5 mixing bowls (1 per group of 5, plus demo)
- 5 spatulas (1 per group of 5, plus demo)
- 25 plastic cocktail cups (1 per student, plus extra)
- 25 spoons (1 per student, plus extra)
- 30 prep bowls with lids (5 per group of 5, plus demo)
- 2 salad tongs (2 per container of chips)
- 1 hotel pan with lid (for chips)
- napkins/paper towels and sanitary wipes
- student handouts and crayons

Assembly Ahead of time: Chef Prep

Defrost and drain corn. Season it with 1/2 teaspoon each of salt and pepper and set aside. Cut bell peppers into a small dice, finely chop red onion and cilantro and juice limes. (Procure 1 whole ear of corn for demonstration of whole corn.) Using the 1/4 cup portion scoop, fill 5 of the prep bowls with 2 scoops of corn and 5 of the prep bowls with 1 scoop bell pepper; 5 of the bowls with a scant 1 tbsp. red onion; 5 of the bowls with a 2 heaping tbsp. cilantro and 5 of the bowls with a scant 1 tbsp. of lime juice. 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. Fill the hotel pan with tortilla chips. Cover and label.

During Kids' Cooking Demo

Set up (before kids arrive): Each station (1 for you, and 4 groups of 5 students each) needs: 1 mixing bowl, 1 spatula, 5 cocktail cups, 5 spoons, napkins or paper towels and each one of the 5 different bowls (1 with corn, 1 with bell pepper, 1 with onion, 1 with cilantro, 1 with lime juice). Set up the chips with plastic tongs on a separate table or at demo station. Each student gets a handout. Put crayons in the middle of the table.

DEMO: Combine corn, bell pepper, onion, cilantro and lime juice in mixing bowl. Use spatula to mix. Use spoon to portion salsa into plastic cocktail cup. Then use salad tongs to place chips into your cup for scooping.

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Estimated Time 15 min

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. Corn is a whole grain. (Show a whole corn stalk.)
2. So why eat corn?

Corn helps fight disease because it has antioxidants!

3. (Say catchphrase)

“Corn has antioxidants, which are like superpowers for fighting sickness.”

(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 dip cups.)*

1. Hold up coloring activity.
2. Ask children to write the catchphrase in the bubble.
3. Read the instructions with the children on the coloring page.
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. Corn is a whole grain (show corn stalk).
2. So why eat corn?
Corn helps fight disease because it has antioxidants
3. (Say catchphrase).

“Corn has antioxidants which are like superpowers for fighting sickness.”