

Grade 6: Salsas and Spreads

What you need to know

- Section 2.2. Teacher Background
- Section 2.3. What You Need to Know in the Classroom: Junior Grades
- Section 2.9. Cooking Safely with Students
- Understand the recommendations for oils and fats as discussed in *Eating Well with Canada's Food Guide: A Resource for Educators and Communicators*, pg. 26-27. Available free at www.healthcanada.gc.ca/foodguide or from your local public health unit/department.
- Background preparation information on vegetables and fruit:
 - Canadian Produce Marketing Association's website at www.cpma.ca/en_hear_fruits.asp

Recipes required

- Salsa
- Guacamole
- Hummus

Food required

- plum tomatoes
- medium onion
- hot pepper
- canned diced tomatoes
- garlic cloves
- tomato paste
- fresh cilantro (or dried coriander)
- vegetable oil
- salt
- pepper
- canned chickpeas
- tahini paste
- ripe avocados
- low-fat plain yogurt or sour cream
- lime juice

Equipment and materials required

- knife and cutting board
- garlic press
- food processor
- bowls
- spoons
- can opener
- platters
- paper plates for serving

Adult helpers required

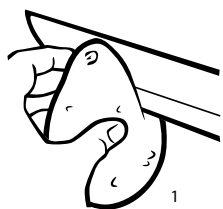
- 1 per 5-6 students

Instructions

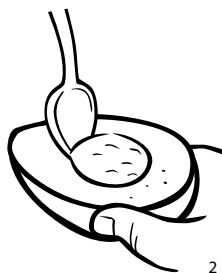
- Discuss kitchen safety and safe food handling practices that apply to this activity. Emphasize the safety rules must be followed at all times. Highlight kitchen safety and safe food handling practices throughout the activity.
- Make sure that all leaders and students have an opportunity to wash their hands with soap and water prior to food preparation and eating. Discuss the four steps for handwashing.
- Show students the fresh avocados. Discuss what to look for when selecting an avocado. Avocados are ripe when they can be easily indented with your thumb. Avoid avocados with dark sunken spots or cracks. Allow students to look and touch the avocado. Wash the avocados after they have been handled.
- Demonstrate how to cut an avocado. Give students a copy of the instruction sheet to follow.
- Explain that avocados are unlike other vegetables and fruit because they are high in fat. Discuss the difference between healthy fats and harmful fats. Identify avocados as a healthy source of fat. Remind students that *Canada's Food Guide* recommends that we include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of healthy fat each day. Ask students to identify other healthy sources of fat (eg, vegetable oils, salad dressings, soft margarine and mayonnaise).
- Show the ingredients that will be used to make the three different salsa and spreads recipes. Identify the Food Group of each ingredient. Discuss the health benefits of chick peas and other legumes. Show students how to use the garlic press.
- Discuss safe use of the blender and/or food processor.
- Show the vegetables that will be prepared. Review how to wash and prepare each vegetable. Discuss knife safety.
- Arrange students into small groups with an adult helper. Explain that each group will prepare a different salsa or spread. Each group will also prepare vegetables and pita for dipping. Have students read through the recipe and follow it as they help with each step. **To avoid injury, adults must supervise use of blenders and/or food processors and use of sharp knives.**
- When students have finished making their recipe and preparing the vegetables, have them arrange the food attractively on a platter. Ask someone from each group to explain what they made and how they made it to the rest of the class.
- Let students taste each of the salsas and spreads. Give copies of the recipes to students to take home to share with their parents.
- Ensure students participate in clean up (eg, tidying up work areas, throwing out garbage, washing and drying dishes, wiping tables and counters, storing leftover food).

Note: Refer to Section 2.6 *Vegetables and Fruit Busy Box* for ideas on preparing vegetables in a creative and appealing way.

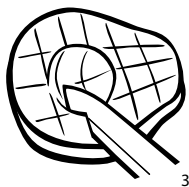
How to Cut an Avocado



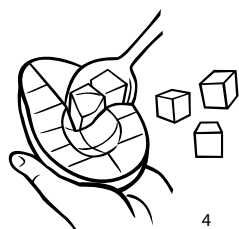
1. Hold the avocado gently on the cutting board. With a sharp knife cut the avocado lengthwise around the pit. Twist to open the two halves.



2. Use a spoon to scoop out the pit.



3. Place one half of the avocado, skin side down. Make long cuts in the avocado flesh in a tick-tack-toe pattern. Try not to cut through the skin.



4. Use a spoon to scoop out the avocado pieces.

5. Repeat this with the other half of the avocado.

Salsa

Ingredients:

2	2	plum tomatoes
1	1	medium onion
15 mL	1 tbsp	hot pepper, seeds removed
1	1	28 oz (796 mL) can diced tomatoes
2	2	garlic cloves, minced
1	1	5 ½ oz (156 mL) can tomato paste
50 mL	¼ cup	fresh cilantro (or 1 tbsp (15 mL) dried coriander)
15 mL	1 tbsp	vegetable oil
5 mL	1 tsp	salt



Preparation:

1. Roughly chop the plum tomatoes, onion and hot pepper with a knife and cutting board.
2. In a food processor or blender, blend all ingredients until smooth.

Makes 4 cups

Preparation Time: about 10 minutes

Equipment:

- garlic press
- food processor or blender
- knife and cutting board
- can opener
- spoon

Canada's Food Guide Servings:

½ cup of salsa is 1 VEGETABLES
AND FRUIT serving

Hot peppers can be hot!

The seeds in a hot pepper are the hottest part. To reduce the heat in this recipe, remove the seeds first. Be careful not to rub your eyes when you are preparing a hot pepper or your eyes will burn. Wash your hands well when you are done.



Paint your plate.
Create a masterpiece.

Hummus

Ingredients:

1	1	19 oz (540 mL) can chickpeas, rinsed and drained
125 mL	½ cup	tahini paste
125 mL	½ cup	water
45 mL	3 tbsp	lemon juice
2	2	garlic cloves, minced
2 mL	½ tsp	salt

Preparation:

1. In a food processor, blend all ingredients until smooth.
2. Use as a dip for vegetables or pita.

Makes 2 ½ cups

Preparation Time: about 10 minutes

Equipment:

- garlic press
- food processor
- can opener
- spoon

Canada's Food Guide Servings:

½ cup of hummus is 1 MEAT AND ALTERNATIVE serving

What is Tahini?

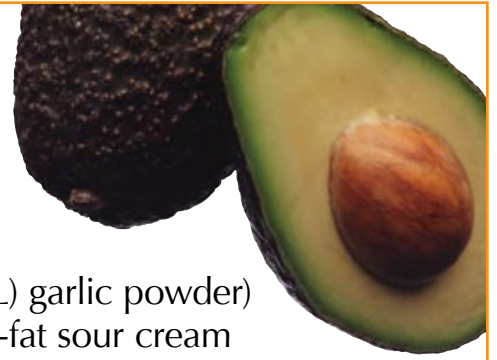
Tahini is a paste made from ground sesame seeds. It can be found in health food stores and the ethnic section of most grocery stores.



Guacamole

Ingredients:

2	2	ripe avocados
1	1	garlic clove (or ½ tsp (2 mL) garlic powder)
125 mL	½ cup	low-fat plain yogurt or low-fat sour cream
25 mL	2 tbsp	lime juice
		salt
		pepper



Preparation:

1. Cut avocados lengthwise. Open halves and remove the pit. Scoop out the avocado flesh with a spoon.
2. In a food processor, blend all ingredients until smooth.
3. Use as a dip for vegetables or pita.

Makes 2 cups

Preparation Time: about 10 minutes

Equipment:

- garlic press
- food processor
- knife
- spoon

Canada's Food Guide Servings:

¼ cup of guacamole is ½ a VEGETABLE AND FRUIT servings

How do you remove the avocado pit?

Hold the avocado gently on the cutting board. With a sharp knife cut the avocado lengthwise around the pit. Twist to open the two halves. Use a spoon to scoop out the pit.



*Paint your plate.
Create a masterpiece.*