



FOOD, FUN & CULTURE

Gazpacho for Nacho - OPTION 1 Vegetable Lesson

by Tracey Kyle, illustrated by Carolina Farias

Countries Featured: Spanish speaking countries such as Spain and Mexico

Nutrition: Children will learn about eating a rainbow of vegetables and to try new foods

Physical Activity: Veggie Shuttle Run

Snack: Gazpacho for Kids (Salsa)

Lesson Objectives:

- Children will learn it is important to eat a variety of foods in MyPlate to be healthy.
- Children will learn different colors of vegetables provide different vitamins and minerals
- Children will learn why it is important to try different foods

The lesson should be taught in this order:

- 1) Introduce food and nutrition concept and the culture showcased in book
- 2) Read a children's story book
- 3) Talk about MyPlate vegetables group and Spanish speaking countries
- 4) Play a physically active game
- 5) Make and enjoy a healthy snack

Required Materials:

- *Gazpacho for Nacho* book by Tracey Kyle, illustrated by Carolina Farias
- MyPlate poster or plate (in FFR kit given at 2018 conference)

- Laminated 11 x 17" Eat a Rainbow of Vegetables Poster and Different Colored Vegetable Posters - Yellow, Orange, Red, White, Purple If you cannot find them e:mail darlene.christensen@usu.edu to replace
- Inflatable globe ball
- Two large scoops
- Plush eyeball
- Icky Sicky plush doll
- Vegetable food models (plastic models inside clear plastic container with blue lid)
- Ingredients for Kid Friendly Gazpacho (Rainbow Salsa) and small containers
- Small Jicama

Teaching the Lesson: Begin explaining you will read a book together, talk about the culture and languages showcased in the book, discuss MyPlate, play a fun physically active game and enjoy a healthy snack.

Sample Instructor Narrative:

Today we are going to read a book about a boy named Nacho who lives in Spain, a country where they speak Spanish. Show book. In the book Nacho's Mami tries to get Nacho to eat different foods but he only wants to eat one food: Gazpacho. Pay attention to the different foods his Mami tries to feed him, and how many different vegetables there are at the market. When I am done reading the book, I'm going to ask you what made him change his mind. We are also going to talk about this. Hold up MyPlate poster or plate. There are five food groups on MyPlate but the one we are talking about today is the vegetable group. Point to the vegetable group. Boys and girls from other countries need to eat healthy foods from MyPlate, just like you. As I read the book you will notice that Nacho and his mom use a lot of words in Spanish. Spanish is spoken in many different countries. Can you name any? Allow children to guess **There are 21 countries that speak Spanish as their official language!** Show a few countries on the inflated globe. The countries are: Puerto Rico: Argentina, Bolivia, Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, Equatorial Guinea, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru, Spain, Uruguay, and Venezuela.

Tips for reading to a group of children:

- *Read the book ahead of time so you are familiar with it.*
- *Sit in a chair or on the floor in the center. Ask children to sit around you in a semi-circle. Ask kids*

to “sit on their pockets”.

- Hold book up high and slowly show it around the entire circle so all kids can see.
- Speak loudly with a clear voice – articulating voices for characters, etc., when it applies.

Tips for Increasing Engagement While Reading the Book:

This book has many Spanish words throughout the text, so be ready to translate. If you don't know how to pronounce the Spanish words— type them into an internet search engine and push play on the microphone to hear it. Become familiar with Spanish words before reading to children. Some children may be Spanish speaking - if so ask them to help pronounce the words. A list of Spanish/English words are included in the lesson for your reference.

After reading the book:

Sample teacher narrative:

At the beginning of the book, what food was it that Nacho only wanted to eat? Let's say it together. Gazpacho. Getting to pick out all of the fun vegetables and cooking with his mom helped Nacho want to try different foods. It can be fun to try new vegetables and other foods. Show Jicama. This is a vegetable some of you may not have tried before. Does anyone know which country it is from? Mexico. Hand out slices of Jicama for children to taste.

Hold up the MyPlate poster or plate again. Remember how we looked at MyPlate before? It helps us to know how to eat in a healthy way. It reminds us to eat healthy foods from each of the food groups each day. Which group are we talking about today? (allow children to say vegetables) That's right! Do you remember all the different vegetables Nacho and his mom used to make the Gazpacho? (allow children to name a few—those mentioned are: onions, potatoes, spinach, cucumbers, lettuce, corn, avocados, tomatoes.)

Notice how the vegetable are different colors? Did you know that you should try to “eat the rainbow” when eating fruits and vegetables? (show main poster Eat a Rainbow of Colors with rainbow). What do you think that means? Vegetables come in all different colors- and the different colors help us to stay healthy in different ways— that's why it is important we eat all the colors. Different colored vegetables give our bodies different vitamins and minerals which is important to help our bodies and brains grow strong and healthy. Some vegetables provide Vitamin A which helps keep this healthy. Show plush eyeball. Vitamin A helps keep our skin and

eyes healthy. Many vegetables also have Vitamin C. Raise your hand if you have had a sore throat. Has anyone had an upset tummy? Have you felt like this and had to miss school? Show icky sick doll. Vitamin C can help our bodies fight infection and keep colds and flu away.

Physical Activity: Gazpacho Veggie Relay

You will need: Plastic vegetable food models, two large scoops, four bowls. Ahead of time: Split plastic vegetable food models into equal number and place in two bowls.

Split children into two different lines. Place a bowl of vegetable food models at the beginning of each line with one scoop. Place an empty bowl at the other side of room for each line. The first child in each group will grab a vegetable and place it inside the scoop, run it to the empty bowl and drop it, then run back with the scoop. The child needs to tag the next in line as say loudly Gazpacho and hand off the scoop! Continue until all vegetables are in empty bowls.

INSTRUCTOR NOTE: Depending on the age of the group you may want to do different things. Adjust the game to the age of children. Decide what happens if you drop the vegetable—do they have to go back to the beginning of the line?

Healthy Snack:

Gazpacho for Kids (Rainbow Salsa)

- 6 tomatoes
- 1 orange bell pepper
- 1 can sweet corn, drained & rinsed
- 1 jalapeño (optional or remove all seeds to make less hot)
- 1 lime
- 1 bunch cilantro
- 1 purple onion
- 1 can low-sodium black beans, drained & rinsed
- 1 Tbsp cumin
- 1 tsp salt

Core and dice tomatoes. Dice orange bell pepper. Finely dice jalapeño. Remove all seeds and white interior to make mild salsa for children. Juice lime. Chop cilantro and purple onion. Mix all ingredients in a large bowl.

Gazpacho for Nacho	Spanish	English
	aguacates	avocados
	ajo	garlic
	alimentos	foods
	Ay!	Oh!
	bambu	bamboo
	batidora	mixer
	casa	house
	cebollas	onions
	chorizo	a type of sausage
	churros	a type of fritter--a batter fried food
	cocinero	chef
	croquetas	a breaded fried food
	de prisa	fast
	el trabajo	the job
	espinacas	spinach
	flan	a type of custard dessert
	Gazpacho	a cold tomato soup
	gusto	taste
	hora	hour
	La cena	dinner
	leche	milk
	lechuga	lettuce
	legumbres	vegetables
	lentejas	lentils
	maiz	corn
	Mami	Mommy
	manchego cheese	a type of sheep's milk cheese from central Spain
	mas	more
	muchacho	boy
	nino	boy
	No es justo	It's not fair
	Ole!	a cheer like Bravo! or Hurray!
	olla	cooking pot
	pan	bread
	papas	potatoes
	pepinos	cucumbers
	pescado	fish
	pimientos	peppers
	plato	plate
	Plaza	a public square
	puestos	market stalls
	sal	salt
	setas	mushrooms
	silla	chair
	sombrero	hat
	sonrisa	smile
	tomates	tomatoes
	tortilla	a flat bread
	y	and

Instructor Note: Make salsa ahead of time and allow at least 30 minutes so flavors will meld together. Serve with low sodium tortilla chips.

While enjoying the snack review the lesson

Ask children:

What are some of your favorite vegetables? Were they in the book? Show the Eat a Rainbow of Colors posters. The vegetables in the gazpacho were different colors. We want to eat different colored vegetables because they offer different nutrients for our bodies. As time allows, show individual color posters as you talk about each vegetable's color in gazpacho. Different Colored Vegetable Posters are Yellow, Orange, Red, White, Purple. Vegetables in Gazpacho were: onions, potatoes, spinach, cucumbers, lettuce, corn, avocados, tomatoes.