



## Fresh Mexican Salsa

*A mild and refreshing mixture of fresh vegetables that perfectly compliments tortilla chips*

### Lesson Plan

Grade Level & Subject Area: 7th or 8<sup>th</sup> Grade Science, Health, or Humanities

Length of Unit: 15 minutes for background lesson; 30 minutes for food preparation

#### ABSTRACT

This unit presents a brief background of the history, geography, and significance of salsa. Through cooking, eating, lecture, and discussion, students are exposed to a healthful food in a new way. As the culminating activity of this unit, students will have the opportunity to prepare and enjoy salsa as a delicious food with origins in another part of the world. The overall goal of this unit is to encourage students to try a potentially new food in order to expose them to the possibilities offered by foods from other cultures.

#### Learning Objectives

1. Students will be able to identify the geographic origin of salsa.
2. Students will be able to correctly write two “fun facts” from the lesson plan.
3. Students will be able to correctly list all major ingredients in salsa.

#### 1. HISTORY

- a) Salsa originated from the Inca people.
- b) Salsa can be traced to the Aztecs and Mayans as well.
- c) Aztec lords combined tomatoes with chili peppers and ground squash seeds and consumed the “salsa” as a condiment served on turkey, venison, lobster, and fish.
- d) The Spaniards first encountered tomatoes after their conquest of Mexico in 1519-1521, which marked the beginning of the history of the salsa we know today.
- e) Alonso de Molina subsequently termed this combination “salsa” after 1571.

#### 2. GEOGRAPHY

- a) Salsa is now commonly consumed in many countries around the world, but it originated in what is now Mexico.
- b) Salsa travelled to Europe via Spain in the 16<sup>th</sup> century.

#### 3. “FUN FACTS”

- a) The word “salsa” was derived from the Latin *salsa* (“salty”), from *sal* (“salt”).
- b) The Spanish word “salsa” means “sauce,” and may refer to any type of sauce.
- c) The main types of salsa we know today are called “salsa roja” (red sauce), “salsa verde” (green sauce), and “pico de gallo” (rooster’s beak), which is made with uncooked ingredients chopped uniformly. The recipe accompanying this lesson plan is “pico de gallo.”

- d) Salsa overtook ketchup as America's favorite condiment in 2000, although it has actually been a favorite condiment in other parts of the world for thousands of years.
- e) Salsa was included in an American cookbook as early as 1898.

**Skill Objectives**

- 1. Students will wash their hands with soap and water prior to beginning food preparation.
- 2. Students will practice proper food safety by washing all fruits and vegetables prior to preparation.
- 3. Students will carefully use knives to chop ingredients.
- 4. Students will learn to prepare fresh salsa from single ingredients.
- 5. Students will try a food they may not have eaten before.

**ADDITIONAL TEACHER RESOURCES**

- A. On Food and Cooking: The Science and Lore of the Kitchen by Harold McGee.
- B. Wikipedia ([http://en.wikipedia.org/wiki/salsa\\_\(sauce\)](http://en.wikipedia.org/wiki/salsa_(sauce))) ...We know, we know. *Wikipedia*. We're only suggesting it because this article does provide a referenced overview of salsa's history, and the site provides links to other valuable resources.

Please click a link below to download the recipe and lesson plan formatted to your class size

10 Students

20 Students

30 Students