



BLACK BEAN & CORN SALSA

Ingredient	Students Per Class		
	10	15	20
Black beans	1 can	1 1/2 cans	2 cans
Sweet corn	1 can	1 1/2 cans	2 cans
Large tomato	2	3	4
Bunch of cilantro	1	1 1/2	2
Salt	1/2 tsp	3/4 tsp	1 tsp
Lime	1	1 1/2	2
Bag of tortilla chips 	1/2	3/4	1

: **Make sure it is Peanut, Nut, and Sesame FREE**

PREP BEFORE CLASS:

Open cans of black beans and corn, rinse and drain. Wash tomato and slice into equal pieces based on the number of students.

Directions:

1. Pass out one tomato slice and a few leaves of cilantro to each student. Demonstrate how to chop the tomato and cilantro and have students follow along.
2. Have a student volunteer pour the black beans, corn, juice of lime, and salt into a large bowl. Mix to combine the salsa. Remember to have different volunteers each time!
3. Distribute the corn and black bean mixture to the students, scooping onto their plates. Instruct students to stir their tomato and cilantro with the bean and corn mixture.
4. Pass out tortilla chips to dip into the salsa, and enjoy!



DID YOU KNOW?

Corn is usually yellow, but it can come in a variety of colors such as red, orange, purple, & white!



DID YOU KNOW?

Bananas are high in potassium!

BANANA SPLITS WITH WHIPPED CREAM

Ingredient	Students Per Class		
	10	15	20
Bananas	5	7 1/2	10
Strawberries	20	30	40
Sunbutter	1 cup	1 1/2 cup	2 cup
Heavy whipping cream	1 cup	1 1/2 cup	2 cup
Sugar	2 tbsp	3 tbsp	4 tbsp
Vanilla extract	2 tsp	3 tsp	4 tsp

PREP BEFORE CLASS:

Wash strawberries. Cut bananas (leave peel on) into equal pieces based on the number of students. Prepare the blender.

Directions:

1. Pass out 1/2 banana to each student. Demonstrate how to peel a banana.
2. Demonstrate how to slice banana in half length-wise. Then, have students repeat the directions.
3. Pass a spreading knife with sunflower seed butter to each student, and have students spread onto their banana slices.
4. Pass out 2 strawberries to each student. Have students chop their strawberry and sprinkle on top of the banana.
5. Have students measure heavy whipping cream, sugar, and vanilla extract into a blender. Blend the mixture until the cream thickens.
6. Serve a dollop of whipped cream on top of the bananas, and enjoy!

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Black beans, 15 oz can x2
- Sweet corn, 15 oz can x2
- Large tomato
- Bunch of cilantro
- Lime
- Bag of tortilla chips (NUT & SESAME FREE)

Ingredients in the bin:

- Salt
- Sugar
- Vanilla extract

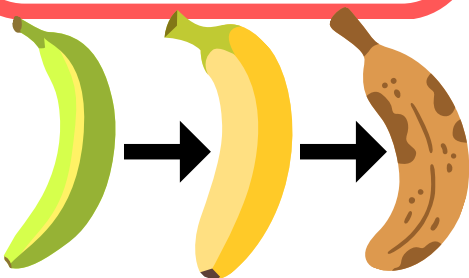
- Bananas
- Strawberries
- Sunbutter
- Heavy whipping cream

OBJECTIVES

- List the health benefits of corn
- Describe the process of customization
- Understand the health benefits of yellow fruits and vegetables

COOKING PRO

Why do bananas turn brown? Enzymes are substances in food that speed up chemical processes. Certain enzymes in bananas create a chemical reaction that turn the banana from green (unripe), yellow (ripe) and then brown (overripe).



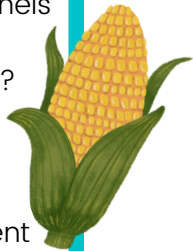
INTRODUCTION

2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today. Have they previously had all of these ingredients, or is there a new item?
- What color connects these two recipes? Hint: The ingredients we are focusing on today are bananas and corn.
 - Answer: Yellow!
- Did you know that corn comes in a rainbow of colors, not just the familiar yellow? In addition to yellow, corn can be found in shades of white, red, blue, black, and even multicolored varieties. Each hue offers unique nutritional benefits and minerals, making them equally nutritious choices in different ways.
- Can they guess why it is important to eat yellow fruits and vegetables? What do they do for our bodies? What sort of vitamins or minerals are in yellow fruits and vegetables?
 - As you are completing the Black Bean and Corn Salsa recipe, discuss the Star Ingredient - Corn!
- Have students think of various recipes corn is used in such as:
 - Cornbread
 - Elotes (corn with mayo, chili powder, and cheese)
 - Corn chowder
 - Polenta
 - Corn pudding
 - Corn tortillas

STAR INGREDIENT: CORN

- What does maize mean? In Mexico, corn is called Maize.
- Can you guess how many kernels a corn cob has? About 800 kernels!
- Can you guess what is corn - fruit, berry, or flower? The corn cob is a flower and the kernels are the seeds.
- What food group is corn in? Fresh corn on the cob is considered a vegetable.
- If I told you that corn is produced on every continent except one, can you guess which one? Antarctica!
- There are over 3,500 uses for corn, including food, fuel, and animal feed!

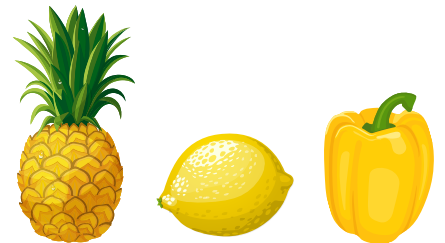


DEVELOPMENT

5-7 min

- As you are completing the Banana Split recipe, discuss the Star Technique - Customization.
- Ask students if they remember what the yellow pigment is called in fruits and vegetables? Remind them that this pigment is also found in orange fruits and vegetables like pumpkins.
 - The answer is carotenoids!
- Why are yellow fruits and vegetables beneficial for us? Let's discuss some of the yellow produce we are using in today's recipe:
 - Corn
 - Corn contains lutein and zeaxanthin which are types of carotenoids believed to make up the human eye. Lutein and zeaxanthin play a critical role in supporting eye health by reducing the risk of age-related eye disease and other eye conditions.
 - Bananas
 - Did you know? Bananas are a common post-workout snack due to various reasons, with one of them being its potassium content. Potassium helps to replenish electrolytes lost through sweat, which can reduce muscle soreness and prevent cramping.
- Ask students if they can name some other fruits and vegetables that are yellow in color?

- Yellow squash
- Lemon
- Starfruit
- Yellow bell pepper
- Pineapple



STAR TECHNIQUE: CUSTOMIZATION

- Customization: When you have choices to choose various foods or toppings to place onto your entrée!
- Examples: A good example of customization is a buffet, where you can customize what you want on your plate and choose various foods that you would enjoy!
- Desserts like banana splits are another great example! You are able to choose multiple different toppings to make a flavored masterpiece that suits your tastebuds.



END OF CLASS CHECKLIST

10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal