

# Tropical Fruit Salsa

## Healthy Cooking in the Classroom



### Bits & Tips

Food safety and preparation basics:

1. Wash hands with soap and water
2. Make sure the work area is clean and the utensils are clean
3. Keep hands away from hair, face, pets, and don't sneeze or lick fingers (cough into sleeve or rewash your hands)
4. Use a separate spoon for tasting and never put a used tasting spoon into food that is served to others
5. Keep dairy products, meat, poultry, and eggs cold
6. Wash fruits and vegetables in cool water before using them
7. Wipe tops of cans and bottles before opening them
8. Look for clues that food is spoiled which can make you sick. Check the color, does it look right, odor, appearance, etc.

MyPlate has 5 food groups: Fruit, Vegetable, Grain, Protein, and Dairy

½ of your plate should be fruits and vegetables and ½ of your plate should be grains and protein

Fruits are important for our bodies; they have significant sources of vitamins, minerals, and fiber

Get 2-3 servings of fruits and veggies a day, a typical serving size for fruit is 1 cup

Try different fruit combinations

Keep fruit in a bowl on a counter, this encourages eating fruit for a snack

Rinse fruit under cool running water before eating

People who incorporate fruit in their diet are less likely to suffer from chronic diseases

### Here's What You Need:

- 1/2 cup crushed pineapple
- 1 medium mango
- ¾ cup strawberries
- 2 medium kiwi
- ¼ cup coconut flakes
- 1 tablespoon fresh mint
- 1 medium lime

### Here's What You Do:

1. Chop mango, strawberries, kiwi, and mint
2. Juice lime
3. In large bowl combine all ingredients together
4. Mix well and chill or serve immediately
5. Can be served with cinnamon crackers, baked tortillas or eaten with a spoon!

### Our Snack today has:

- 40 calories
  - 8 g carbs
  - .5 g protein
  - 1 g fat
- (Serving size 1/12<sup>th</sup> of recipe)

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## Instructor Guide



### Learning Objectives For Students

- Teach children food safety basics
  - See text box below
- Introduce MyPlate and establish a solid understanding of the five food groups
  - Fruit, Vegetable, Grain, Protein, and Dairy
- Discuss the fruit food group in depth and encourage getting 2-3 servings of fruits and veggies a day
  - A typical serving size for fruits is 1 cup
  - Fruit is a significant source of vitamins, minerals, and fiber
- Demonstrate and guide proper execution of each skill during recipe preparation
- Increase children's confidence in preparing a healthy snack
- Encourage children to be open and receptive to new foods

### Questions for Discussion

- What do you think of this recipe?
- What is your favorite ingredient?
- What other kinds of fruit could you add to your salsa?
- What other snacks could you make that use fruit in them?
- How often do you make snack at home?
- Do you think you will try and make this snack at home?
- What could you serve this salsa with?
- Can you name 3 food safety basics?

### Food Safety Basics

- Wash hands with soap and water for 20 seconds
- Make sure the work area is clean and the utensils are clean
- Keep hands away from hair, face, pets, and don't sneeze or lick fingers (cough into sleeve or rewash your hands)
- Use a separate spoon for tasting and never put a used tasting spoon into food that is served to others
- Keep dairy products, meat, poultry, and eggs cold
- Wash fruits and vegetables in cool water before using them
- Wipe tops of cans and bottles before opening them
- Look for clues that food is spoiled which can make you sick. Check the color, does it look right, odor, appearance, etc.
- Tbsp. and tsp: the big "T" is a Tablespoon and a larger measurement while the little "t" is a teaspoon and a smaller measurement.
- The letter "C" is an abbreviation for the measurement called a cup. Measuring cups can be in fractions like:  $\frac{1}{4}$  cup,  $\frac{1}{2}$  cup, and 1 cup.