



# CLASSROOM RESOURCES

## Culinary Arts

### Healthy Tostada: Sabores Nutritivos

#### Note to Educator:

Use these materials to prepare for your classroom’s online virtual fieldtrip.

Students can follow along to the live workshop demonstration if workshop materials are prepared in advanced, or they can observe the demonstration and try the activity as a separate classroom activity or try at home as part of a homework assignment.

Prepare in advance by exploring the **Educator Resources** and connect themes explored in the virtual fieldtrip with **Student Resources** that students can read before or after to think about healthy eating, nutrition, and food history.

#### Culinary Workshop:

Healthy *Tostada*

#### Grades

7 – 8

<b>Materials for one classroom (40 or less students)</b>	<ul style="list-style-type: none"> <li>○ 2-3 heads of Romaine lettuce</li> <li>○ 1-3 bunches of spinach or Swiss chard</li> <li>○ 5 large pints of cherry tomatoes</li> <li>○ 8 bunches of green onions</li> <li>○ 3 (10 oz.) bags of tostadas, 24 count</li> <li>○ 2 (30 oz.) cans of vegetarian refried beans</li> </ul>	<ul style="list-style-type: none"> <li>○ 2 bottles of salad dressing</li> <li>○ 40 plastic knives</li> <li>○ 40 spoons</li> <li>○ 40 paper place mats</li> <li>○ 40 paper plates</li> <li>○ 40 paper bowls</li> <li>○ 8 tablespoons</li> </ul>
<b>Ingredients for one student</b>	<ul style="list-style-type: none"> <li>○ 1 leaf of romaine lettuce</li> <li>○ 1 leaf of spinach or Swiss chard</li> <li>○ 3 cherry tomatoes</li> <li>○ 1 green onion</li> </ul>	<ul style="list-style-type: none"> <li>○ 1 <i>tostada</i></li> <li>○ spoonful of vegetarian refried beans</li> <li>○ 1 tablespoon of salad dressing</li> </ul>
<b>Kitchen Utensils for one student</b>	<ul style="list-style-type: none"> <li>○ plastic knife</li> <li>○ spoon</li> <li>○ place mat</li> </ul>	<ul style="list-style-type: none"> <li>○ paper plate</li> <li>○ bowl</li> <li>○ tablespoon</li> </ul>

## Workshop Procedure

1. Cut and shred the Romaine Lettuce into thin pieces.
2. Roll and cut the spinach (or Swiss chard) very small.
3. Cut the cherry tomatoes into eighths ( $\frac{1}{8}$ ).
4. Cut, slice, and dice the green onion.
5. Mix the lettuce, spinach (or Swiss chard), and the green onion into a bowl.
6. Measure 1 tablespoon of salad dressing, pour into the bowl, and mix with the ingredients.
  - Adjust salad dressing to your liking.
7. Spread a spoonful of warm refried beans on top of the tostada.
8. Add the mixed ingredients from the bowl on top of the vegetarian refried beans.

## Reflection

Have students think about the following:

1. What other healthy ingredients that can be added to a tostada? Discuss the health benefits of vegetarian options.
2. Explore with students how difficult it can be to get ingredients from fields to our plates. Discuss as a class the appreciation of farmworkers who harvest the foods we eat and explore the difficult working conditions farmworkers endure for subpar pay. Have students think about changes can be made to the farming industry to improve working conditions and better pay for farmworkers.

Students can share responses with each other in small groups or share responses as part of a large class discussion. Students can also write responses to these questions and share with class as part of a class presentation.

## Extended Learning

1. Ask students to replicate cooking techniques they observed during the workshop at home and encourage them to use different ingredients. This will help students become invested in healthy cooking and eating.
2. Encourage students to identify ways in which they can support farmworkers. Research ways the class can adopt a project to bring resources or attention to the work conditions farmworkers endure. Discuss why this is an important social justice issue.

## Resources for Educators

Calvo, Luz, and Catriona Rueda Esquibel. *Decolonize your Diet: Plant-Based Mexican American Recipes for Health and Healing*. Vancouver, BC: Arsenal Pulp Press, 2015.

Jinich, Pati. "Tostadas and Chips: Make Them at Home." *Patijinich.com*, 8 Aug. 2018.  
[www.patijinich.com/making\\_tostadas/](http://www.patijinich.com/making_tostadas/).

*Farmworker Justice* - A non-profit organization that "seeks to empower migrant and seasonal farmworkers to improve their living and working conditions, immigration status, health, occupational safety, and access to justice." This site has data and information that can be used in the classroom for additional resources. [www.farmworkerjustice.org](http://www.farmworkerjustice.org).

## Resources for Students

Dolores Huerta Foundation: [doloreshuerta.org](http://doloreshuerta.org)

Farmworker Justice: [www.farmworkerjustice.org](http://www.farmworkerjustice.org)

Kubala, MS, RD, Jillian. "40 Healthy Snacks for Hungry Teens." *Healthline*, 24 Aug.  
[www.healthline.com/nutrition/snacks-for-teens](http://www.healthline.com/nutrition/snacks-for-teens).

National Institute of Diabetes and Digestive and Kidney Diseases. "Take Charge of Your Health: A guide for Teenagers." *niddk.nih.gov*. [www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers](http://www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers).

UFW: [www.ufw.org](http://www.ufw.org)