



## Culinary Arts

### Pico de Gallo: Food Travels the World

#### 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:

Pico de Gallo

#### Grades

K – 3

<b>Materials for one classroom (40 or less students)</b>	<ul style="list-style-type: none"> <li>○ 5 large pints of cherry tomatoes</li> <li>○ 8 bunches of green onion</li> <li>○ 2 bunches of cilantro</li> <li>○ 6 limes</li> <li>○ 8 saltshakers (1 shaker per 5 students)</li> <li>○ 8 chile powder shakers (1 shaker per 5 students)</li> </ul>	<ul style="list-style-type: none"> <li>○ 2 large bags of organic tortilla chips</li> <li>○ 2 paper towel rolls</li> <li>○ 40 compostable bowls</li> <li>○ 40 plastic knives</li> <li>○ 40 spoons</li> <li>○ 40 chopping mats or disposable chopping mats</li> </ul>
<b>Ingredients for one student</b>	<ul style="list-style-type: none"> <li>○ 3 cherry tomatoes</li> <li>○ 1 green onion</li> <li>○ 1-2 sprigs of cilantro</li> <li>○ ¼ lemon or lime</li> </ul>	<ul style="list-style-type: none"> <li>○ 1 handful of tortilla chips</li> <li>○ chile powder, 1 gentle sprinkle</li> <li>○ salt, 1-3 dashes</li> </ul>
<b>Kitchen Utensils for one student</b>	<ul style="list-style-type: none"> <li>○ paper towels</li> <li>○ bowl</li> <li>○ plastic knife</li> </ul>	<ul style="list-style-type: none"> <li>○ spoon</li> <li>○ chopping board or chopping mat</li> </ul>

## Workshop Procedure

1. Cut the cherry tomatoes into eighths.
2. Cut off the roots from the green onion, then:
  - Slice the green onion until you reach the green stem.
  - Then finely dice and chop the slices.
3. Remove the leaves from the cilantro stems and place them in a small pile.
  - Gather them and cut into smaller pieces.
4. Combine the tomatoes, green onion, and cilantro into a mixing bowl.
5. Add 3 dashes of salt and a 1 gentle sprinkle of chile powder into the bowl.
6. Squeeze the lemon or lime inside of the bowl.
7. Mix the ingredients well.

## Reflection

Have students think about the following:

1. Think about other favorite family dishes and recipes. Make a list of ingredients in one favorite family dish. Work with family at home to check list and try writing or drawing the basic steps of the recipe.
2. Why is kitchen safety important? How can you practice kitchen safety at home?

Students can share responses with each other in small groups or share responses as part of a large class discussion. Students can also write/draw 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 continue cooking and exploring recipes: What are other recipes they can prepare at home with their family? Where do ingredients in those recipes come from and how have those ingredients traveled the world?

### 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. *Pati's Mexican Table: The Secrets of Real Mexican Home Cooking*. New York, New York: Houghton Mifflin Harcourt Publishing Company, 2013.

Olver, Lynne. "The Food Timeline." *Foodtimeline.org*, 18, March 2015. [www.foodtimeline.org/](http://www.foodtimeline.org/).

### Resources for Students

Bullard, Lisa. *My Food, Your Food. Alike and Different*. Minneapolis, Minnesota: Millbrook Press. 2015.

Menzel, Peter. *What the World Eats*. Berkeley, California: Tricycle Press. 2008.

Nelson, Robin. *Life Cycles: Tomatoes*. Minneapolis, Minnesota: Lerner Publishing Group, Inc. 2009.

Schuh, Mari C. *Tomatoes Grown on a Vine*. North Mankato, Minnesota: Capstone Press of Coughlan Companies. 2010.

Skelley, Paula and Nancy Loewen. *Food of the World*. North Mankato, Minnesota: Capstone Press of Coughlan Companies. 2010.