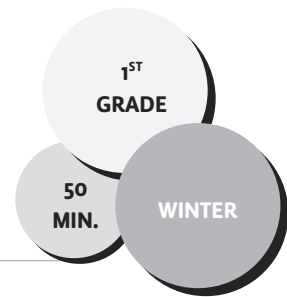


Go, Grow, Glow Quesadillas

THEME: PREPARING HEALTHY FOOD



ESSENTIAL QUESTION

How can we prepare a healthy meal?

LEARNING OBJECTIVES

- ✓ Students will be able to identify go, grow, and glow foods.
- ✓ Students will be able to articulate the importance of incorporating go, grow, and glow foods into their diets.
- ✓ Students will be able to prepare a balanced meal.

CONCEPTS

energy go, grow, glow protein vitamins

Engaging the Classroom Teacher

- Prior to the lesson, check whether there is a third adult who can help with the lesson because you'll need to be stationed at the hot plate during Action Steps 5 and 6.
- During Action Step 4, suggest that the teacher help groups of students build their quesadilla.
- During Action Step 5, suggest that the teacher support students brainstorming new go, grow, and glow meals on their worksheet while you're cooking the quesadillas.

LESSON DESCRIPTION

In this lesson, students read a book and learn how to cooperatively make quesadillas with go, grow, and glow ingredients. They practice combining other go, grow, and glow foods to brainstorm other possible balanced meals. This lesson is in conjunction with other first grade lessons Go, Grow, Glow and Plant a Go, Grow, Glow Bed.

Note: If someone in your class has a dairy allergy you can omit the cheese and make fajitas instead with only the beans serving as your grow food.

MATERIALS

- *Round is a Tortilla* by Roseanne Greenfield Thong
- Go, Grow, Glow Poster (p. 142 from Go, Grow, Glow lesson)
- Hot plate
- Extension cord
- Cheese grater
- Skillet
- Spatula
- Knife or pizza cutter
- Go, Grow, Glow Matching Worksheet (p. 193) for each student
- Crayons
- 1 plate for each student (or paper towel)
- Salsa for serving (optional)
- Materials for cleanup

Tray with the following for each group of 4–6 students:

- Two large flour tortillas (1–2 packages total)
- Bowl of $\frac{3}{4}$ cup shredded Monterey Jack or cheddar cheese (4 cups or 16 ounces total)
- Bowl of 1 cup fresh spinach (1 8-ounce bag spinach)
- Bowl of $\frac{1}{3}$ cup pinto or black beans (2 cans total)
- Small mixing bowl
- Serving spoon or spatula for mixing ingredients
- Large plate (for assembling quesadilla)

PREPARATION

Note: The total ingredient amounts above are based on a class size of 25 students. Adjust accordingly.

- › Photocopy a Go, Grow, Glow Meal Worksheet for each student.
- › Prepare ingredients for quesadillas by grating the cheese and chopping the greens.
- › Set up a station where you can plug in the hot plate to cook the quesadillas.

Go, Grow, Glow Quesadillas

Yield: 6 servings, 1 quesadilla per student group

- 1/3 cup pinto or black beans
- 3/4 cup shredded Monterey Jack or cheddar cheese
- 1 cup spinach
- 2 large flour tortillas

- Mix beans and cheese in a bowl. Then tear spinach into bite-sized pieces and stir into mixture.
- Spread about a cup of the mixture onto one quesadilla and then put a second cup on top.
- Cook quesadilla on a dry skillet or hot plate on medium heat, until the underside is browned and cheese has started to melt.
- Flip the quesadilla and continue cooking until the second side is browned, the cheese is fully melted, and the ingredients are warmed through.
- Slice into six wedges and serve immediately.

ACTION STEPS

1. Engage: Gather students in a circle, and read *Round is a Tortilla*. Ask, *What round things do they eat? What things shaped like triangles do they eat?* Once students mention the tortillas and quesadilla, ask, *Who has eaten a quesadilla before? Say, today we're going to be making quesadillas as a class! And we're making a special type of quesadilla—a Go, Grow, Glow quesadilla! (10 min.)*

2. Model: Show students the flour tortillas, and place one on your plate. Say, *Remember, go foods like this tortilla give us energy. Show me how you go!* Have students enact the gestures you taught them in the fall lesson, Go, Grow, Glow. Display the Go, Grow, Glow Poster for visual reinforcement. Show students your mixing bowl and say, *Next we'll add beans and cheese. Grow foods like beans and cheese have a lot of protein that helps us get strong. Show me how you grow!* And have students show you their muscles. Place the beans and cheese in your bowl, and mix the ingredients. Then show students the leafy greens you've brought and say, *Next, we'll add spinach. Glow*

foods like spinach help every part of our body from our hair to our heart to our toes stay healthy because glow foods have vitamins and minerals. Show me how you glow! Explain to students that they should tear the greens into even smaller bite-sized pieces before adding them to the mixture in your bowl. Next demonstrate spreading your mixed ingredients onto your tortilla, pointing out how you leave a ½ inch space along the edge. Finally place the second tortilla on top. Explain, *When we put all these go, grow, and glow ingredients together, we have a balanced meal. We have all the things our bodies need! Now it's your turn to make go, grow, and glow quesadillas. (5 min.)*

3. Hand-Washing Break (5 min.)

4. Making the Quesadillas: Have students return to their tables. Pass out trays of ingredients to groups. Tell students that they'll be making their quesadillas in teams, and explain that each group member will get to add one ingredient. Circulate through the room while groups are mixing ingredients and assembling their quesadillas, ensuring they're sharing and leaving room along the edges. Once quesadillas are built, have one student from each group bring theirs to the station where the hot plate is set up, and have the other students clean up their spaces. (10 min.)

5. Planning a Go, Grow, Glow Meal: Pass out the Go, Grow, Glow Meal Worksheet. While you're cooking the quesadillas, have students work together to fill it out. Explain that they'll choose ingredients for their meal by circling them and then draw the meal with all the ingredients at the bottom of the page. Say, *Your meal might be a pizza, a sandwich, a rice bowl, or even a new quesadilla! (10 min.)*

6. Tasting: Once the quesadillas are finished, slice them so that there are as many slices as students in each group. Pass out one quesadilla to each group as well as plates or paper towels for students. Enjoy together! Ask students to raise their hands if they are going to try to have a go, grow, and glow meal in the next few days. (5 min.)

REFLECTION

Have students discuss the following questions in small groups, then share with the class: (5 min.)

Social and emotional learning

- How did you work together as a team to make the quesadilla for your group?

Check for understanding

- What ingredients did you put into your quesadilla? Which was the go food? Where were the grow foods? Which were the glow foods?
- Why is it important that we balance go, grow, and glow foods?
- What is a go food you like? What is a grow food you like? What is a glow food you like?
- What go, grow, and glow foods might you eat in the next few days?

ADAPTATIONS

Recipe Variation: Instead of quesadillas, try making Go, Grow, Glow Sticks with students, which is described in the *Sprout Scouts Leaders Handbook*. Have students skewer different components onto wooden skewers.

Age: Older students can help prepare the quesadilla ingredients by shredding cheese, chopping vegetables, and making homemade salsa to practice their knife skills.

ACADEMIC CONNECTIONS

English Language Arts Common Core State
Standards

CCSS.ELA-LITERACY.RL.1.1

Ask and answer questions about key details in a
text.

A Go, Grow, Glow Matching Worksheet

Directions: Match each food to the category it belongs in.

GO
Help give us energy

GROW
Help us get strong

GLOW
Help us stay healthy

