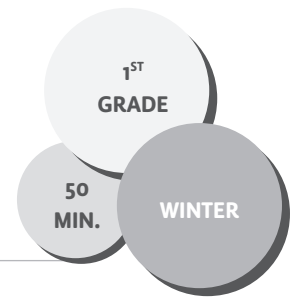


Go, Grow, Glow Quesadillas

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.

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. (Because this lesson involves a hot plate it'd be helpful to have another adult on hand.)

MATERIALS

- *Round is a Tortilla* by Roseanne Greenfield Thong
- Go, Grow, Glow Meal Worksheet (p. 278) for each student
- Crayons
- Hot plate
- Extension cord
- Cheese grater
- Mixing bowl
- Large spoon

- Skillet
- Spatula
- Knife or pizza cutter
- 1 plate for each student
- 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 shredded Monterey Jack or cheddar cheese (about 1 cup per group)
- Bowl of fresh spinach (about 1 cup per group)
- Bowl of pinto or black beans (2 cans total)
- Small mixing bowl
- Serving spoon or spatula for mixing ingredients
- Large plate (for assembling quesadilla)

PREPARATION

- › 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.

ACTION STEPS

1. Engage: Gather students in a circle, and read *Round is a Tortilla*. Ask, *What round things did they eat? What things shaped like triangles did they eat?* Once students mention the tortillas and quesadilla, ask, *Who has eaten a quesadilla before? 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. 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. Wash Hands 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 students are mixing

ingredients and assembling their quesadillas, ensuring they're sharing and leaving room along the edges. Once their quesadillas are built, have one student bring them 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 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.)

- *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

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

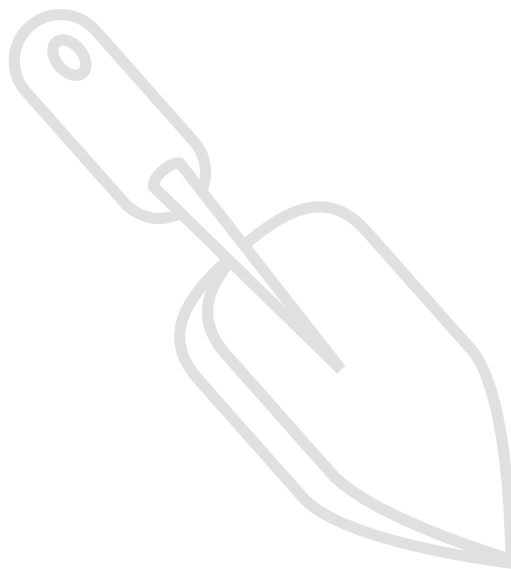
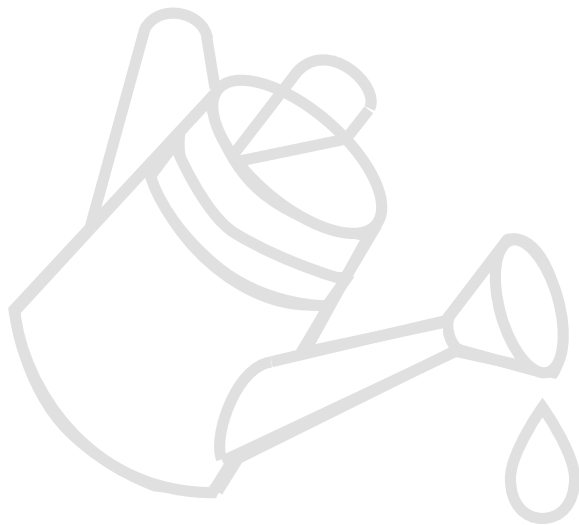
English Language Arts Common Core State Standards

CCSS.ELA-LITERACY.SL.1.1

Participate in collaborative conversations with diverse partners about *grade 1 topics and texts* with peers and adults in small and larger groups.

CCSS.ELA-LITERACY.RL.1.1

Ask and answer questions about key details in a text.



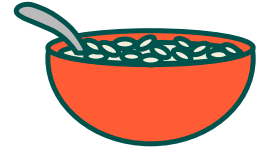
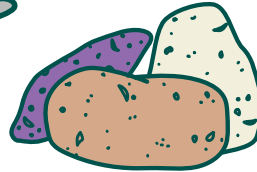
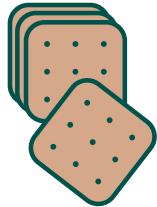
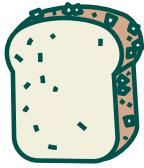
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A Go, Grow, Glow Meal Worksheet

Directions: Circle foods you like in each box to create a Go, Grow, Glow meal!

Circle 1

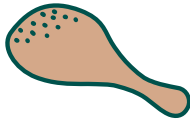
Go Foods



Circle 2

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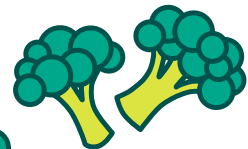
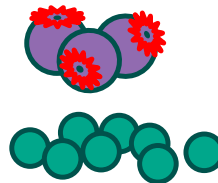
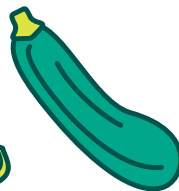
Grow Foods



Circle 3

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Glow Foods



Draw a picture of your go, grow, glow meal: =

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