

Tortilla Tasting



Learning Goals: Identify uses for grain products in our food.
Learn about the process of producing bread for our country.

**FARM
BUREAU
VIRGINIA**

Introduction

Grains are one of the basic food groups and can be consumed in a number of tasty ways.

Materials:

- ◆ Corn tortillas
- ◆ Salsa
- ◆ Cheese
- ◆ Lunch meat such as ham or turkey
- ◆ Paper plates
- ◆ Napkins
- ◆ Knife
- ◆ *The Tortilla Factory* by Gary Paulsen (*Corn is Maize* by Alikei may be substituted)
- ◆ Unshucked ear of corn

How to:

1. Ask children what corn is used to produce. Show children an ear of corn pointing out the silks, outer leaves, and shuck to reveal the kernels of the ear.
2. Introduce the concept that corn is used to make many breads including tortillas.
3. Read the book *The Tortilla Factory* by Gary Paulsen to the group. Take time to discuss each picture within the book. Recap with the children the process of growing corn, harvesting, and bread making.
4. Ask children if they have eaten a tortilla. Discuss how tortillas can be prepared.
5. Provide students an opportunity to eat a tortilla topped with salsa and cheese folded in half.
6. Prepare a second tortilla with a slice of ham or turkey and cheese. Roll the tortilla up and slice off spirals for each child to sample.

Suggestions for the classroom

Use the book *Bread Comes to Life* by George Levenson and make sandwiches with a variety of breads.

Practice fraction concepts by cutting tortilla in halves, thirds, and fourths.

Many toppings may be used for the tortilla tasting. Adding cream cheese, a slice of meat to the top of a tortilla, rolling it, and slicing into rings is a great sandwich idea.

Using soft flour tortilla and discussing the process of making wheat flour is a good extension. Tortilla chips may also be substituted for soft tortillas.

Web sites:

<http://users.california.com/~orchid/tortilla/c5.htm>

<http://www.texascooking.com/features/may98corntortillas.htm>

