



## February 2017 – Southwest Pinto Dip Mini-Lesson Ideas: Writing and Social Studies

Find more information online at [http://nutritionservices.mpls.k12.mn.us/true\\_food](http://nutritionservices.mpls.k12.mn.us/true_food)

### 1. Geography

Pinto beans come from a common bean ancestor which originated in Peru. Beans then spread all throughout South and Central America by migrating *Indigenous* tribes. People all over South and Central America began growing beans which led to the huge variety of beans that we have today! Fill in this map of South America (use your classroom map to help you do this)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
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11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_



### 2. Food Identity

Think of all the holidays and events associated with different foods. Food makes up an important part of culture and even regional or national identity. For example, in Northwest Mexico and Southwest United States, pinto beans are very important to the culture of these areas. In fact, the pinto bean (along with Chile peppers) is the state vegetable of New Mexico.

Can you think of foods that are important to your cultural identity? These can be foods that important to you and your family, your community, your religion, where you live or have lived in the past, or any way that food makes up your identity. Write a few sentences about these foods and how they are important to you and your identity. Then share with the class!

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### 3. Food Naming

The pinto bean got its name from the Spanish translation of “frijol pinto” which literally means painted bean. Looking at uncooked pint beans, which are light brown colored with darker brown specs, it’s no wonder they were given the name of painted bean.



Chili peppers also have an interesting story of how they were named. It was Christopher Columbus on his voyages to the new world that brought the peppers back to Europe. The *chili* of “chili pepper” was derived from Nahuatl, an Aztec language.

Choose a food and research how it got its name. For example, french fries: Were they named that way because they come from France? Or for a completely different reason?

### 4. Farm to School

The Southwest Pinto dip and the carrot sticks we’re eating with the Southwest pinto dip went on quite the journey to get to your school! Try to put all the steps in the correct order

- a. \_\_\_\_ Farmers Ben Doherty and Erin Johnson at Open Hands Farm in Northfield Minnesota plant carrot seeds in rows
- b. \_\_\_\_ Using water, sunlight, and nutrients from the soil, the carrots begin to grow
- c. \_\_\_\_ As the carrots seedlings mature, green leaves sprout from top of the carrot growing under the soil
- d. \_\_\_\_ Once the carrots are ready to be harvested, farmers Ben and Erin loosen the soil around the carrots and pull the carrots out from the soil
- e. \_\_\_\_ Some of the harvested carrots are stored in a big, cool warehouse—where they can stay fresh all winter! This is how you get MN carrots in January or February.
- f. \_\_\_\_ Carrots are driven to the processing warehouse in Inver Grove Heights, MN, where they are washed and chopped into carrot sticks
- g. \_\_\_\_ The carrot sticks are taken to the nutrition center where the pinto beans, cilantro, green onions, green chile peppers, chipotle pepper and spices are combined to make the Southwest pinto bean dip
- h. \_\_\_\_ The carrots and Southwest pinto bean dip are put into containers and driven to your school, along with other fun taste test supplies
- i. \_\_\_\_ The Southwest pinto bean dip is put into small sample cups and distributed to students along with the carrot sticks
- j. \_\_\_\_ Students taste samples of Southwest pinto bean dip with fresh Farm to School carrot sticks!

Geography:  
1. Brazil 2. Bolivia 3. Paraguay 4. Uruguay 5. Argentina 6. Chile 7. Peru 8. Ecuador 9. Columbia 10. Venezuela 11. Guyana 12. Suriname 13. French Guiana  
Farm to School:  
a. 7 b. 3 c. 6 d. 10 e. 5 f. 4 g. 9 h. 1 i. 8 j. 1 2

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