



# Lesson 8 Premade vs. Homemade

## Recipe: Veggie Tostada

[foodliteracycenter.org/lesson8](http://foodliteracycenter.org/lesson8)

### Review Lesson 7

[foodliteracycenter.org/lesson7](http://foodliteracycenter.org/lesson7)

- Why do we need salt in our body? [helps keep the right amount of water in our bodies]
- What happens when we have too much salt? [our heart and blood have to work extra hard to remove the salt that our bodies don't need]

### Lesson Overview

Kids will learn that buying ingredients to make meals at home can be less expensive and healthier than eating out. When you cook for yourself, you know what is in your food and have more control over what goes in it.

### Talking Points

- What are some reasons to make food for ourselves at home? [You know exactly what is going into your food; you can add fruits and vegetables to it; it's less expensive than buying food at a restaurant; cooking is FUN and something you can do with your family.]
- What are some other foods that you buy at restaurants that you could make at home for yourself instead?
- What are some ways you could change those foods to add more fruits/veggies? [Adding veggies to pizzas, sandwiches, or eating a baked potato, etc.]

### Activity

- Teachers/Adults: Download and print the [Premade vs. Homemade Activity Worksheet](#). Prepare materials.
- Students will compare a bag of chips and a bag of potatoes to figure out what would be the healthier choice. This activity can be completed with a bag of potatoes and a bag of potato chips. If these items are not available this activity includes print outs.

### Recipe Overview

- Print recipe for "Veggie Tostada", "Tomato Lime Brown Rice", "Cabbage Jalapeno Slaw", and Pickled Red Onion"
- Read the recipe ingredients together and ask kids to point to the correct ingredients.
- Pass around items for kids to touch/smell.
- Is there anything new that you have never tried before?

### Discussion & Wrap Up Questions

- How many potatoes went into a bag of chips? Which had more fiber? What are some foods that you usually buy that you could make at home instead?
- What is one thing you learned today? What was your favorite part of today?
- How were you a Food Adventurer today?

### Vocabulary Words

Homemade Premade Shred

Your Sandwich Can Save the World!

[Food Literacy Curriculum](#)

© 2020 Food Literacy Center

All rights reserved