

What You Will Need

Equipment:

Cutting board
Knife
Slow cooker
Serving spoons
Paper plates
Plastic spoon for each child
Medium bowls for serving “parts”

Ingredients*:

Flour tortillas (pronounced tor TEE yahs)
Rice, cooked
Chili beans, mild, canned
Ground beef, cooked
Diced green chiles, mild
Lettuce
Tomatoes
Black olives, diced or sliced
Cheese, shredded
*All of these ingredients are listed in a large or whole form in the book. You may want to bring whole olives, hot chiles and a whole tomato to show if you use a smaller, chopped version.

Other Possible Activities:

Reading assistant: You may want to ask ahead of time for an older child who reads and speaks Spanish to be allowed to assist you with your lesson. You will create a special opportunity for the older student, model scholastic success and celebrate diverse abilities!

Build a Burrito Boogie: Children stand in a circle. The teacher leads the group in “building” an active burrito by starting with one round tortilla and lifting arms, hands joined together above the head. Repeat for each ingredient as below, counting aloud with each repeated movement:

- Two scoops of rice: Bend knees, act out deep scooping motion two times.
- Three spoonfuls of beans: Hug self, and turn around three times.
- Return to starting position.
- Four strips of meat: With arms at side, squat down-stand up four times.
- Five hot chiles: Open hands wide to show 5 fingers – with arms above head, jump and count to five.
- Six pieces of lettuce: Sway back and forth (arms stretched out in front) six times. Count aloud!
- Seven slices of tomato: Touch down “to my toes” seven times.
- Eight juicy olives: Hop on one foot eight times – count along!
- Nine chunks of cheese: Lift knees high and march in place for nine counts.
- Ten eager fingers: Stretch arms and fingers out wide. Clap hands together 10 times while counting aloud.



Burrito Bundle

Makes 6 burritos; 12 servings

Ingredients:

6 flour tortillas (6 to 8-inch size)
2 cups cooked rice, warm
1 can (15-ounce) chili beans
1 pound lean ground beef, cooked and drained well
1 can diced green chiles, mild, drained
1 cup shredded lettuce
1 cup diced tomatoes
1/2 cup sliced black olives, drained
1 cup shredded cheddar cheese
Salsa and sour cream, optional



Directions:

1. Place each tortilla on a plate and layer remaining ingredients on tortilla.
2. Roll or fold tortilla. Cut in half to serve.

Suggestions: Prepare rice and ground beef ahead and keep warm in slow cooker.

Nutrition Facts: 1/2 burrito provides 330 calories, 12g total fat, 4.5g saturated fat, 0g trans fat, 30mg cholesterol, 680 mg sodium, 40g total carbohydrate, 4g dietary fiber