

# KIDS CLUB

## NEWSLETTER



Welcome to the latest issue of our ChopChop Kids Club newsletter! (If you missed the last one, it's [here](#).)

This week we're making Pineapple Frozen Yogurt (we call it fro-yo for short). Even if you can't go out for ice cream right now, you can make this recipe—or some of our other frozen treats—right in your kitchen. They're all very easy, so they're perfect for when you want to chill out. We've also included a few ways to keep playing and moving, even when it's hot.



# Pineapple Frozen Yogurt

This is one of those magical recipes that turns fruit and yogurt into a creamy, dreamy treat. For the most successful blending, freeze the fruit beforehand for at least 2 hours.

▮ HANDS-ON TIME: 10 MINUTES ▮ TOTAL TIME: 10 MINUTES ▮ MAKES: 4 SERVINGS

## KITCHEN GEAR

Cutting board  
Dinner knife  
Measuring cups  
Measuring spoons  
Zester or grater  
Food processor (adult needed)

## INGREDIENTS

1½ overripe bananas, sliced and frozen  
2 cups fresh or unsweetened canned pineapple chunks, frozen  
½ cup plain yogurt  
1 teaspoon grated lime zest

## INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

Put all the ingredients in the food processor and process until smooth. Serve right away.

## OR ELSE

No food processor? No problem! You can make this in a blender. Just add a splash of milk, if you need it, to keep the mixture moving around.

## TOO MUCH PINEAPPLE?

Store extra pineapple in the refrigerator or freezer and use it for smoothies, fruit-infused waters, yogurt parfaits, or other desserts—or just to snack on.





## KITCHEN SKILL

# How to grate lime zest

We call for grated lime zest in our fro-yo recipe. The zest is the really flavorful, colorful outer part of the peel.

1. Wash the lime well and dry it.
2. Over a plate or cutting board, rub the lime gently back and forth across a wand grater or the finest holes of a box grater. Stop when you see the white part beneath (that's called the pith, and it's bitter) and move the fruit to grate a fresh spot.
3. Continue until all the colorful zest is grated off.

**The surface of the grater is sharp, so be sure to keep your fingers away from it!**

## COOL OFF WITH MATH! FROZEN FRACTIONS

If there are 4 cups of ingredients in the Pineapple Frozen Yogurt recipe, and 2 cups are pineapple chunks, what fraction of the whole recipe do the pineapple chunks account for?

Assume that the bananas measure  $1\frac{1}{2}$  cups, and see if you can draw the ingredients as a pie graph. A pie graph starts with a circle to represent the whole, and then uses lines to represent the "slices" of individual elements that make up the whole.



## GET MOVING: FREEZE DANCE

After you make your frozen yogurt, play a round of freeze dance. It will get your body moving, and it's a lot of fun. Plus, the name will let you imagine that you're cooling off even if it's a hot day. Here's how to play:

1. Make sure you have a way to play music and a clear space to dance.
2. Pick someone to be in charge of starting and stopping the music.
3. While the music plays, everyone dances.
4. The person in control of the music can pause it at any time.
5. When the music stops, everyone must stop dancing and "freeze." Hold that position as long as the music is stopped.
6. If you move, you are now in charge of controlling the music. If you stay frozen, start dancing once the music starts again.

## WORD FUN: COMPOUND WORDS

The word *pineapple* is a compound word. Compound words are made by putting together two words to form another word; in this case, the words are *pine* (because of the way a pineapple looks like a pine cone) and *apple* (because it's a fruit). You use compound words all the time—like watermelon, rainbow, strawberry, mailbox, and pancake. Can you name 10 more compound words? (Bonus points if they're food words!)



Granola Popsicles



Kiwisicles

# Looking For More “Cool” Ideas?

Try one of these recipes!

- **Watermelon Smush:** [www.chopchopfamily.org/recipe/watermelon-smush/](http://www.chopchopfamily.org/recipe/watermelon-smush/)
- **Apple Mint Granita:** [www.chopchopfamily.org/recipe/apple-mint-granita/](http://www.chopchopfamily.org/recipe/apple-mint-granita/)
- **One-Ingredient Banana Ice Cream:** [www.chopchopfamily.org/recipe/one-ingredient-banana-ice-cream/](http://www.chopchopfamily.org/recipe/one-ingredient-banana-ice-cream/)
  - **Grapefruit Granita:** [www.chopchopfamily.org/recipe/grapefruit-granita/](http://www.chopchopfamily.org/recipe/grapefruit-granita/)
  - **Granola Popsicles:** [www.chopchopfamily.org/recipe/granola-popsicles/](http://www.chopchopfamily.org/recipe/granola-popsicles/)
  - **Green Apple Fro-Yo:** [www.chopchopfamily.org/recipe/green-apple-fro-yo/](http://www.chopchopfamily.org/recipe/green-apple-fro-yo/)
    - **Cherry “Sherbet”:** [www.chopchopfamily.org/recipe/cherry-sherbet/](http://www.chopchopfamily.org/recipe/cherry-sherbet/)
- **Spinach-Ginger Slushie:** [www.chopchopfamily.org/recipe/spinach-ginger-slushie/](http://www.chopchopfamily.org/recipe/spinach-ginger-slushie/)
  - **Kiwisicles:** [www.chopchopfamily.org/recipe/kiwisicles/](http://www.chopchopfamily.org/recipe/kiwisicles/)
- **Strawberry-Orange Ice Pops:** [www.chopchopfamily.org/recipe/strawberry-orange-ice-pops/](http://www.chopchopfamily.org/recipe/strawberry-orange-ice-pops/)
- **Two-Fruit Ice Cream:** [www.chopchopfamily.org/recipe/two-fruit-ice-cream/](http://www.chopchopfamily.org/recipe/two-fruit-ice-cream/)

## ACTIVITY: ICE BREAKERS

Have you heard the term “ice breaker”? Ice breaker questions and games are used to help you get to know people you don’t know very well. You might play them on the first day of school or summer camp. Since you probably know the people at home with you pretty well, you don’t need to ask each other basic ice breaker questions. Instead, make a list of questions you can ask at dinner to get to know each other even better. These should be things you don’t usually talk about. Here are some ideas to get you started:

- What would you choose for the opening song to a movie about your life?
- What would your chosen superpower be?
- What is your favorite thing about where you live?
- What is an unusual food combination you love?
- What is your signature dance move?



## WHERE IN THE WORLD?

When you think of pineapples, you might think of the state of Hawaii, which was the pineapple capital of the world in the 1930s. Hawaii is not the pineapple capital anymore, but a lot of pineapples are still grown there. The state of Hawaii is made up of a large chain of islands—137 in total! Eight of them are considered major islands. How many can you name from memory? Use a map to figure out the rest. (Bonus question: What is the current pineapple-growing capital of the world?)



# Ohio's SNAP-Ed and EFNEP Programs

## SNAP-Ed

Ohio's Supplemental Nutrition Assistance Program - Education is a nutrition education program serving low-income adults and youth throughout Ohio. It is a partnership between the Ohio Department of Job and Family Services and Ohio State University Extension. Its goal is to improve the likelihood that families and individuals who receive food assistance benefits (SNAP benefits) make healthy food choices and choose active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate.

SNAP-Ed programming focuses on Diet Quality including promotion of Physical Activity, Food Safety, and Food Resource Management. The dissemination of nutrition education is mainly achieved by classes which are scheduled throughout Ohio and in 88 counties.

Participants learn to select fruits and vegetables, whole grain, and low-fat dairy products for a healthy diet; to use limited resources to plan, purchase and prepare food for the family; to be physically active every day; and to store and handle food so it is safe to eat. In FY18, SNAP-Ed reached 436,272 adult and youth participants.

## EFNEP

The Ohio Expanded Food and Nutrition Education Program serves limited resource adults who care for children in their homes as well as limited-income youth. The program utilizes interactive discussions and activities to guide participants through a series of community based workshops aimed at improving diet quality, food safety and physical activity. Adult participants also gain skills in food preparation and managing their food budgets. Youth programming is conducted in classrooms, after school programs or camps, and summer food feeding sites. During FY18, Ohio EFNEP reached 2,840 adult and 7,228 youth participants, with a total reach of 10,128 family members. The program is free and offered in 18 Ohio counties.



United States  
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Agriculture



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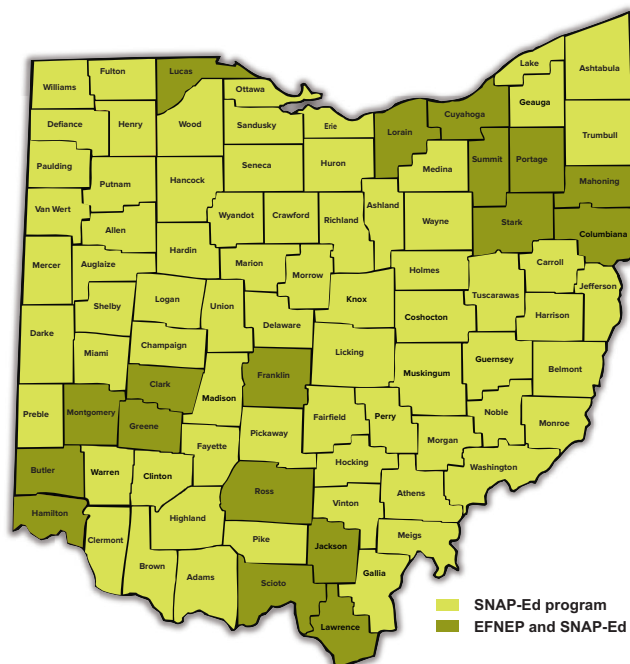
### USDA Nondiscrimination Statement

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP



## THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES



## Celebrate Your Plate

The **Celebrate Your Plate** site helps you budget for, plan, and create healthy, tasty meals. You'll find recipes, shopping tips, cooking tips, and even tips on growing your own food. Plus, you can comment on recipes and read comments from others. Celebrate Your Plate is out and about in communities around Ohio – just look for the Celebrate Your Plate logo!



## Family and Consumer Sciences

Ohio State University Extension Family and Consumer Sciences is an outreach arm of The Ohio State University. It is designed to translate research into education for Ohioans to help improve the quality of their lives and the environment in which they live. OSU Extension is jointly funded by federal, state, and county governments and private grants. Programs emphasize "empowerment through education."

## About

SNAP-Ed and EFNEP are equal opportunity programs. For more information about Ohio SNAP-Ed, explore [go.osu.edu/snap-ed](http://go.osu.edu/snap-ed) For details regarding Ohio EFNEP in your area, visit [efnep.osu.edu](http://efnep.osu.edu) Discover tips, wholesome recipes and more at [CelebrateYourPlate.org](http://CelebrateYourPlate.org)

# No Crust. All Taste.

## Veggie Pizza Bites



**Eggplant**  
is high in  
antioxidants.



Visit [CelebrateYourPlate.org](http://CelebrateYourPlate.org) for tasty, healthy recipes your whole family will love.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).