

# 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 mixing up some refreshing, thirst-quenching drinks. Sometimes plain water can get boring, but we know we need to stay hydrated in the heat. Our main recipe is for Fruit Water: a deceptively simple pitcher of flavor-kissed deliciousness. Think of it as fancy tap water! You can use whatever fruits and/or herbs you like. And to really amp up the coldness and flavor, make some Fun, Fruity Ice Cubes too! We've got more water fun inside: experiments, games, and activities to cool you off and keep you that way.



# Fruit Water

Make a pitcher of refreshing fruit-flavored water. Pineapple—just plain pineapple—is our favorite, but of course you could use strawberries, kiwi, melon, lemon, or any fruit you like—and you can even add herbs, such as mint or rosemary!

■ HANDS-ON TIME: 5 MINUTES ■ TOTAL TIME: 1 HOUR ■ MAKES: 4 SERVINGS

## KITCHEN GEAR

Measuring cup  
Pitcher  
4 drinking glasses

## INGREDIENTS

- 1 cup pineapple chunks, fresh, frozen, or no-sugar canned
- 4 cups cold water

## INSTRUCTIONS

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

1. Put the pineapple chunks and water in the pitcher.
2. Refrigerate for 1 hour, then pour into the glasses, distributing the fruit evenly.

## GET CREATIVE

Try these combinations:

- Lemon slices and fresh mint leaves
- Apple chunks and fresh rosemary sprigs
- Melon cubes and fresh basil leaves
- Lime wedges and raspberries
- Orange wheels and strawberries



# Try This NOW: Fun, Fruity Ice cubes

Freezing fruit into ice cubes is super easy, and it's a great way to dress up a glass of plain or bubbly water. (And water really is the best way to quench your thirst—especially in the summer, when you're active in the heat.) The fruit in the cubes looks pretty and tastes great too. BY ADAM RIED



## TRY ANY OF THESE, OR A COMBINATION:

**WHOLE:** grapes, raspberries, blackberries, blueberries, cherries, mint or basil or rosemary leaves

**SLICED:** strawberries, oranges, lemons, limes

**DICED:** mango, kiwi, pineapple, peach



# Color-Drinking Flowers

A plant's stem is like a straw that it uses to suck water up to its leaves and petals.  
This colorful experiment lets you really see nature in action!

## WHAT YOU NEED

Clear jar or vase filled with water  
Food coloring  
White flowers, such as carnations,  
daisies, or roses

## INSTRUCTIONS

1. Add 20 to 30 drops of food coloring to the water.
2. Cut the flower stems at an angle, and put them in the water.
3. Check on your flowers every now and then: after an hour; after a couple of hours; the next day.



## STILL THIRSTY?

Try one of these recipes.

**Bubbly Water with a Twist:** [www.chopchopfamily.org/recipe/bubbly-water-with-a-twist/](http://www.chopchopfamily.org/recipe/bubbly-water-with-a-twist/)

**Cucumber-Mint Water:** [www.chopchopfamily.org/recipe/cucumber-mint-water/](http://www.chopchopfamily.org/recipe/cucumber-mint-water/)

**Citrus Pitcher:** [www.chopchopfamily.org/recipe/citrus-pitcher/](http://www.chopchopfamily.org/recipe/citrus-pitcher/)

**Fruity Cider Punch:** [www.chopchopfamily.org/recipe/fruity-cider-punch/](http://www.chopchopfamily.org/recipe/fruity-cider-punch/)

◀ **Grapefruit Fizz:** [www.chopchopfamily.org/recipe/grapefruit-fizz/](http://www.chopchopfamily.org/recipe/grapefruit-fizz/)

**Cucumber Agua Fresca:** [www.chopchopfamily.org/recipe/cucumber-agua-fresca/](http://www.chopchopfamily.org/recipe/cucumber-agua-fresca/)

**Homemade Orange Soda:** [www.chopchopfamily.org/recipe/homemade-orange-soda/](http://www.chopchopfamily.org/recipe/homemade-orange-soda/)

**Pomegranate Sparkler:** [www.chopchopfamily.org/recipe/pomegranate-sparkler/](http://www.chopchopfamily.org/recipe/pomegranate-sparkler/)

**Minty Sun Tea:** [www.chopchopfamily.org/recipe/minty-sun-tea/](http://www.chopchopfamily.org/recipe/minty-sun-tea/)

## ACTIVITY: WATERY COLORS

Draw a picture with washable markers, then “color” over them with ice: as the ice melts, the colors will run together in interesting ways. (Make sure to put down a waterproof tablecloth or plenty of newspaper first.) You can also use the ice to draw on colored construction paper. When the water dries, your picture will disappear!

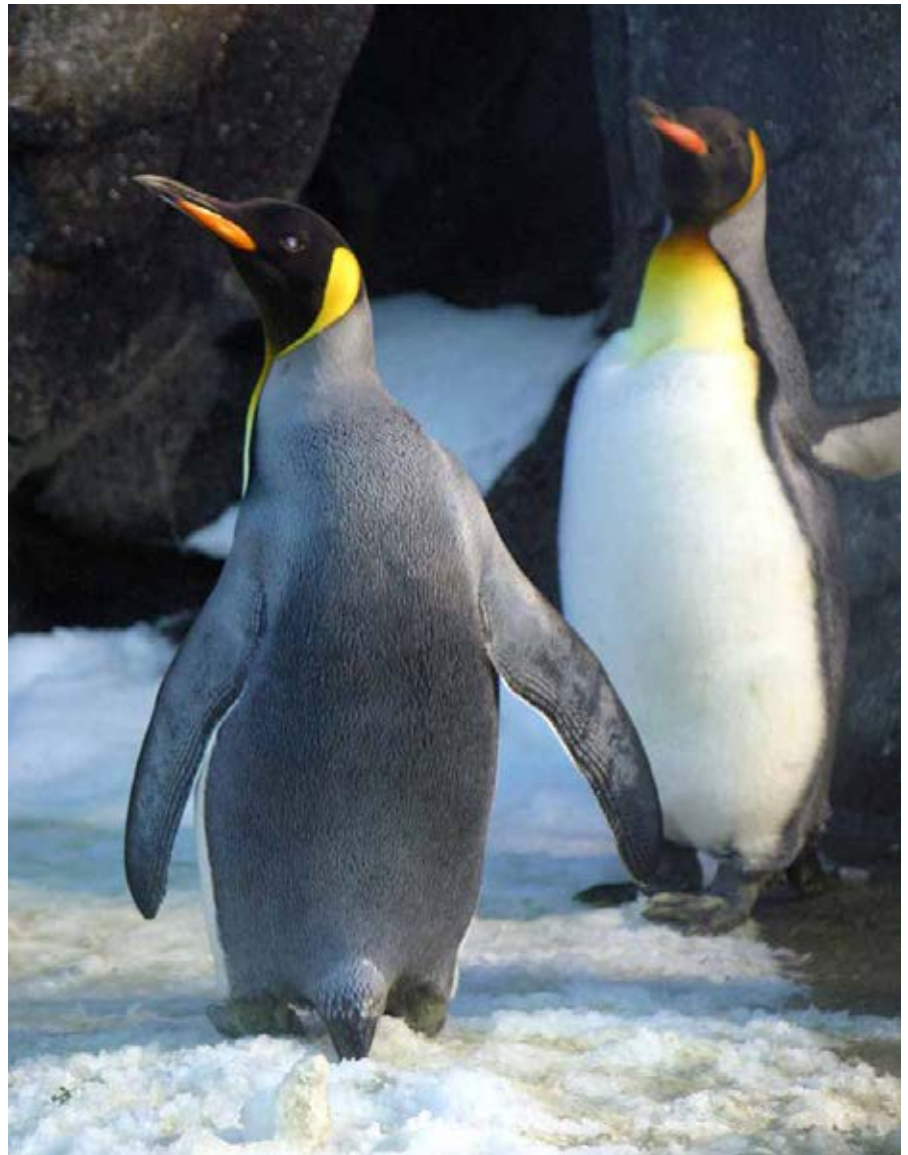


## GET MOVING: HOSE LIMBO

If you’ve got a garden hose and a backyard, try playing hose limbo! One person holds the hose while the other people try to go under the stream without getting wet; get wet and you’re out. (Bonus points for leaning back instead of crouching forward.) The hose handler lowers the stream after each successful limbo, until all the players are out. No hose? No problem! Play limbo indoors with a pool noodle or a yardstick and make a water-themed Spotify playlist to accompany your game.

## EXPERIMENT: HOW MANY DROPS?

For this experiment, all you need is an eye dropper, a glass of water, and a penny. Start by predicting how many drops of water you can fit on the penny before the water spills. Now test it out. Could you fit more drops or fewer than you’d predicted? Do you know why? Look up “surface tension.” Can you think of any other examples of surface tension in your daily life?



## WHERE IN THE WORLD? “TRAVEL” TO COLD PLACES

Sometimes when it’s really hot outside, imagining somewhere really cold helps you feel cooler. Use a map or what you already know and think of a cold place. (Remember: Different hemispheres have different seasons, so it’s almost winter in some parts of the world!) Look online and learn some facts about that place. Then, make a travel brochure about the different things you can do there. Share it with your family and take a “vacation” there by trying out an activity from that place. For instance, maybe you can learn a dance from Russia or walk like a penguin from Antarctica. Or freeze some favorite figurines in a plastic container full of water and pretend to rescue them as they melt in a wading pool.

# Hydration



“Hydration” means drinking enough to keep your body working properly. More than half of your body weight is water, and all of your organs need water to do their jobs right. This is especially important in hot weather or when you’re exercising a lot, since sweating pushes a lot of fluid out of your body, and you need to replace it.

## HOW MUCH?

You might hear different things about how much water you should drink. A good guideline is 4 to 6 cups of water a day for young kids and 6 to 8 cups for older kids and grown-ups. And if you’re outside on a hot day or exercising, it’s a good idea to make a point of drinking a lot of water even if you don’t feel thirsty.

## KEEP IT SIMPLE.

Water gives your body exactly what it needs, without giving it extra stuff (like sugar) that it doesn’t need. If you’d like to perk up your water, you can add a couple of spoonfuls of juice or a slice of lemon or lime. Iced herb tea, fizzy water, and milk are other good things to drink that don’t have added sugar.

## SKIP SPORTS DRINKS.

You might have heard of “electrolytes,” which are minerals and salts that you lose when you sweat. Drinking enough water and eating a balanced diet will replace them naturally—without all the sugar and artificial ingredients of sports drinks. But if you’re doing intense physical activity in super-hot weather, try coconut water, which will replace any minerals and salts you lose to sweat.

## DON’T TAKE OUR WORD FOR IT.

How do you feel on a day when you make an effort to drink plenty? Can you think of any times you probably didn’t drink enough? How did you feel then?

# 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  
Department of  
Agriculture



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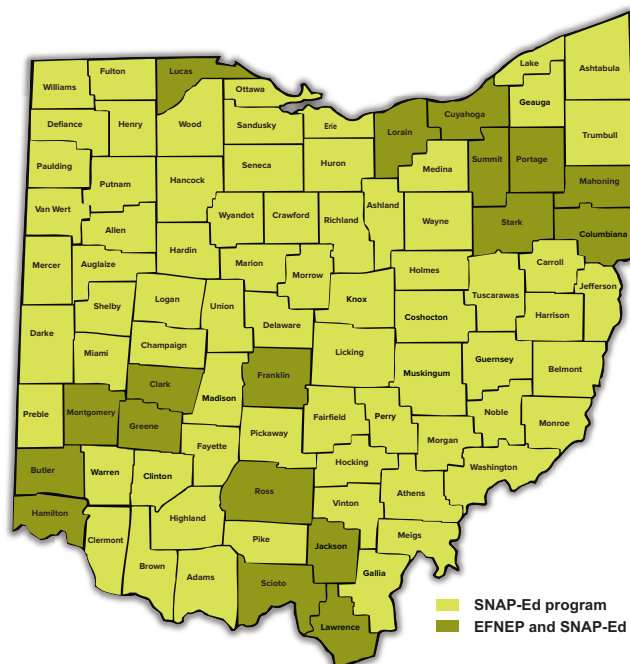
### USDA Nondiscrimination Statement

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)

# Ever Seen a Meatball "Veg Out"?

## Zucchini Meatballs



**Zucchini**  
is packed with  
B vitamins.



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).