

KIDS CLUB

NEWSLETTER



Welcome to week 5 of our new ChopChop Kids Club newsletter! (If you missed the last one, it's **here**.) This week we're focusing on birthdays. Even if your birthday isn't happening during this time, it's pretty likely that you know someone who will be celebrating their birthday a little bit differently this year. It can be kind of a bummer to not have a party with friends and family, but we're here to help create a special celebration under these special circumstances. We've heard from lots of kids who have had birthday parades, thrown parties on Zoom, received videos from all over the world, and more. And if it's not your birthday, we think it's always fun to make a batch of cupcakes and celebrate an unbirthday ... or any day at all.

Happy Birthday!
The ChopChop Family



Carrot Cupcakes

Let them eat (carrot) cake! Who says a birthday party needs a birthday cake? Try these cupcakes instead. Carrots add a natural sweetness so you need less sugar. Try them with our delicious maple-cream cheese icing!

ADULT: YES | HANDS-ON TIME: 30 MINUTES | TOTAL TIME: 55 MINUTES | MAKES: 12 SERVINGS

KITCHEN GEAR

Measuring spoons
Measuring cups
Large bowl
Wooden spoon
Tablespoon or 2-ounce scoop
Box grater
Cupcake liners
12-well muffin tin
Toothpicks
Pot holders
Table knife

INGREDIENTS

- ½ cup vegetable oil
- ¾ cup sweetener, such as white or brown sugar, honey, agave or maple syrup
- 2 large eggs
- 2 or 3 large carrots, scrubbed or peeled and grated (about 2 cups)
- ½ cup chopped lightly toasted pecans or walnuts (if you're allergic to nuts, leave them out)
- ½ cup all-purpose flour
- ½ cup whole-wheat flour
- 1 teaspoon baking soda
- ½ teaspoon kosher salt
- 1 recipe Maple-Cream Cheese Icing (next page)



INSTRUCTIONS

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

1. Turn the oven on and set the heat to 350 degrees. Put cupcake liners in the muffin tin.
2. Put the oil, sweetener, and eggs in the bowl and use the wooden spoon to mix until everything is evenly blended.
3. Add the rest of the ingredients (except the icing!) and mix until just combined.
4. Using the tablespoon or scoop, fill each cup of the prepared muffin tin two-thirds of the way to the top.
5. Once the oven temperature has reached 350 degrees, put the muffin tin in the oven and bake until the tops are slightly browned and rounded, and a toothpick inserted comes out clean, 22 to 25 minutes. Remove the cupcakes from the tin and set aside until cooled.
6. When the cupcakes are completely cool, use the table knife to swirl a bit of icing on each one.

Maple-Cream Cheese Icing

ADULT: NO | HANDS-ON TIME: 15 MINUTES | TOTAL TIME: 15 MINUTES | MAKES: ENOUGH FOR 12 CUPCAKES

KITCHEN GEAR

Measuring cups
Measuring spoons
Small bowl
Large spoon

INGREDIENTS

- $\frac{3}{4}$ cup cream cheese, at room temperature
- $\frac{1}{4}$ cup plain Greek or regular yogurt
- 2 tablespoons maple syrup

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 bowl and mix until smooth.



KITCHEN SKILL

How to Use a Peeler

Adult supervision needed. Be sure to wash fruits and vegetables before peeling. Remember that a peeler is sharp, so avoid touching the blade, and go slowly.

- Peel over a cutting board, bowl, or sink. (Don't peel over the garbage in case you drop your fruit or vegetable!)
- Keep your hands on the handle of the peeler and avoid the blade.
- Peel away from you, from top to bottom in strips, working your way around the fruit or vegetable until the peel is gone.
- Throw out or compost the peel.
- While you are learning, it might be hard to get long pieces of peel off each time. That's okay! You'll get better at it with practice.



DO YOU HAVE MORE CARROTS?

Do you have more carrots? Try one of these recipes.

- **Carrot Salad** www.chopchopfamily.org/recipe/carrot-salad
- **Carrot Apple Soup** www.chopchopfamily.org/recipe/carrot-apple-soup
- **Crispy Carrot Fries** www.chopchopfamily.org/recipe/crispy-carrot-fries

Carrot Salad ►

5 WAYS TO EAT CARROTS

- Dip in ranch dressing or hummus.
- Spread with nut butter and top with raisins.
- Cut into coins and use them like crackers to make tiny cheese "sandwiches."
- Use a peeler to shave into ribbons.
- Add shredded carrots to your mac and cheese, tacos, or quesadilla for extra texture, flavor, and color.



CARROTS BY THE NUMBERS:

- On average, each American eats just over **10 pounds** of carrots a year.
- The heaviest carrot ever recorded weighed almost **19 pounds!**
- There are around **100 varieties** of carrots.
- **9 carrots** contain about as much calcium as **1 glass of milk**.
- It takes about **70 days** for a carrot to grow from a seed to a root ready for harvest.
- Carrots are composed of roughly **87% water**.

Great Birthday Ideas



This artwork, drawn by *ChopChop* reader Priscilla, would be perfect for a time capsule.

ACTIVITY: BIRTHDAY TIME CAPSULE

Have you ever made a time capsule? A time capsule is a container filled with things that are special to you now that you want to share with your future self. Your birthday is a great time to make one, and you have everything you need right in your house.

Find a small box (shoeboxes work great) or container to put your supplies in.

Then, look around your room and house for some things to put inside the time capsule. Some ideas: today's newspaper, a letter to yourself, decorations from your celebration, notes or cards from your family and friends, a baseball card, small toys (but not ones you're going to want to play with in the next year!), a book you've read and loved, a piece of art you made, a photo from this year, or whatever else feels right. Close the container and decorate it. Then, decide with your family where to put the time capsule and when you will open it again. Write on the container the date you will open it and set a reminder on the calendar. Your future self might be surprised to find what's inside!

BIRTHDAY MATH

1. Your little brother and your grandpa share the same birthday. Your brother is turning 3 and your grandpa is turning 64. How old was your grandpa when your brother was born?
2. You are 11, your mom is 34, and your aunt is 32. How many years do you have all together?
3. It's April 7 and your birthday is July 24. How many days are left until your birthday? (Hint: You can count this out on a calendar.)



MINDFULNESS: A BIRTHDAY CARD FOR YOURSELF

A birthday is a great time to reflect on your year. Even if it's not your birthday, you can practice mindfulness (being present and aware) by taking some time to think about what has happened since your last birthday. One way to keep track of all of these thoughts is to write yourself a birthday card. Yes, really, a birthday card to you from you! Make yourself a card using paper, markers, crayons, stickers, and whatever else you want to use to decorate. Then write yourself a note inside. You can write whatever comes to mind, but here are some ideas to get you started:

- How did you celebrate your birthday this year?
- Since your last birthday, what was your most fun memory?
- What happened this year that was exciting?
- What happened this year that was challenging?
- What big changes happened over the course of the year?
- What are you looking forward to before your next birthday comes around?
- Do you have any new goals you'd like to accomplish before your next birthday?

Put this card somewhere safe so you can look at it on your next birthday.

WHERE IN THE WORLD?

Every culture has a different way to celebrate birthdays. In fact, every family celebrates in a different way! What are the birthday traditions in your house? Do you make a cake? Do you sing a birthday song and blow out candles? Do you have a special meal? Here's how people in a few countries around the world celebrate birthdays.

- In China, many people slurp long noodles on their birthday to celebrate a long life.
- Kids in India often wear a brand-new outfit on their birthday.



- At birthday parties in Mexico, kids might hit a piñata, a papier-mâché animal filled with candy, until it bursts open.
- Australian birthday boys and girls like to eat "fairy bread," which is toast covered with butter and colorful sprinkles.

Do some research and see what other birthday traditions you can learn about.

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.



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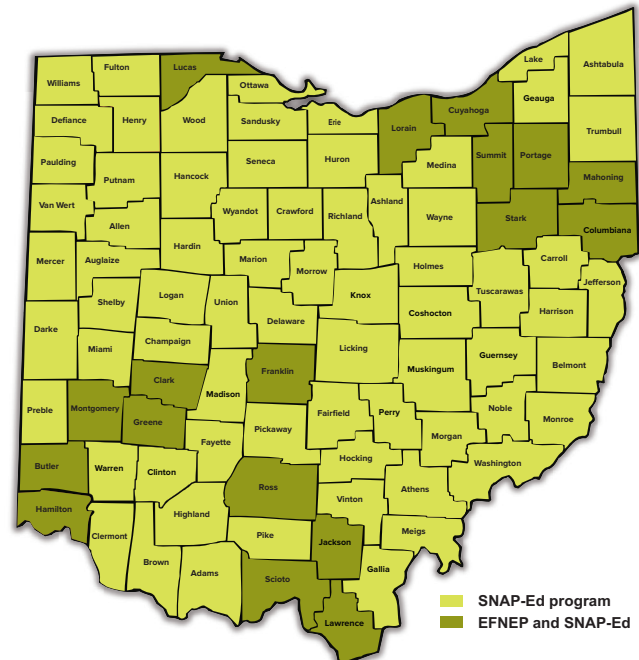
USDA Nondiscrimination Statement

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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 For details regarding Ohio EFNEP in your area, visit efnep.osu.edu Discover tips, wholesome recipes and more at CelebrateYourPlate.org

No Crust. All Taste.

Veggie Pizza Bites



Eggplant
is high in
antioxidants.



Visit CelebrateYourPlate.org for tasty, healthy recipes your whole family will love.

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