

KIDS CLUB

NEWSLETTER



Welcome to a bonus issue of our new ChopChop Kids Club newsletter! We're celebrating Mother's Day, which is this Sunday. Not all families have mothers, and that's okay! We believe that anyone can be your "mother"—like your grandmother, aunt, a close neighbor, or even your father! Spend Mother's Day honoring any and all motherly figures in your life. It's fun to make someone feel special, which is why we've filled this issue with ways to create a special celebration for the mother in your life—or anyone at all!

Note: If you're too young to cook solo, get help from another adult, even your mom—she'll still appreciate it!



Dutch Baby

Breakfast in bed is a great way to kick off a special day. Make your mom an impressive but easy Dutch Baby, which is also known as a German pancake, a Bismarck, and a Dutch pancake. We love it not only for its taste, but also for the way it looks: a popover-like pancake with a wacky, puffy, surface-of-the-moon-like top that collapses when it comes out of the oven.

■ ADULT: YES ■ HANDS-ON TIME: 15 MINUTES ■ TOTAL TIME: 45 MINUTES ■ MAKES: 3-4 SERVINGS

KITCHEN GEAR

Medium bowl
Measuring cups
Measuring spoons
Whisk or fork
Large ovenproof skillet
Pot holders

INGREDIENTS

- 3 large eggs, at room temperature
- ½ cup milk
- ½ cup all-purpose flour
- ¼ teaspoon kosher salt
- 2 tablespoons unsalted butter

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 425 degrees. Wait until it reaches 425 degrees before proceeding with the recipe.
2. Crack the eggs into the bowl and use the whisk to beat them. Add the milk, flour, and salt and beat until smooth.
3. Put the skillet on the stove and turn the heat to medium. When the pan is hot, add the butter and let it melt and foam up.
4. Pour the egg mixture into the pan and then, with the help of your adult, carefully move the skillet to the oven. Bake until the Dutch Baby is puffy and golden, about 20 minutes.
5. Turn off the oven and let the Dutch Baby sit in the oven for 5 minutes. Use the pot holders to take it out. Divide into 3 or 4 portions and serve right away.



TRY THIS

Put out a trivet while the Dutch Baby is cooking so you can bring the finished dish right to the table! A trivet is a heatproof stand that protects surfaces from hot dishes. If you don't have one, you can use a pot holder instead.



WANT MORE BREAKFAST-IN-BED IDEAS?

Try one of these recipes.

- **Buttermilk Pancakes** www.chopchopfamily.org/recipe/buttermilk-pancakes
- **Classic French Toast** www.chopchopfamily.org/recipe/classic-french-toast
- **Top-Your-Own Breakfast Taco** www.chopchopfamily.org/recipe/top-your-own-breakfast-taco
- **Pizza Toast** www.chopchopfamily.org/recipe/pizza-toast
- **Layered Yogurt Parfait** www.chopchopfamily.org/recipe/layered-yogurt-parfait
- **Cheesy Scrambled Eggs** www.chopchopfamily.org/recipe/cheesy-scrambled-eggs

◀ Layered Yogurt Parfait

Kitchen Skill: How to use a Whisk

“Whisking” means beating or stirring quickly to combine ingredients.

1. Put all the ingredients in a bowl, then use a fork or whisk to beat them together.
2. Use your wrist to move the fork or whisk quickly in a circular motion.
3. When whisking eggs, stop when the yolks and whites are blended together and the mixture is pale yellow.



ACTIVITY: THROW A TEA PARTY

We love any excuse for a party, so today is a great day to throw Mom a tea party. Depending on the weather where you live, you can make hot tea like **Chai** (www.chopchopfamily.org/recipe/chai) or cool down with **Minty Sun Tea** (▶ www.chopchopfamily.org/recipe/minty-sun-tea). Or you can use any tea bags you have in your house! Wear dress-up clothes and big hats, if you have them. Set a fancy table or lay out a picnic blanket and decorate it. Complete your party with mini sandwiches, treats, and snacks. Of course, you can drink your tea with your pinkies sticking out.



**DID
YOU
KNOW?**

Mother's Day is always the second Sunday in May. More phone calls are made in the United States on Mother's Day than any other day of the year.



MOTHER'S DAY INTERVIEW

You probably ask your mom a lot of questions every day, but do you ever ask her questions about herself? Make Mom feel special—and get to know her better—by doing a Mother's Day interview where you get to be the reporter. Take some time and come up with a list of questions. They can be simple, like "What is your favorite flower?" or questions that might require a story, like "Tell me about a time you got something you really wanted." Write them down so you don't forget. Then, together as a family, ask your mom the questions. You can even record the answers or make a video that you can watch again later.

Here are some ideas for questions to get you started:

- Tell me about a favorite toy or piece of clothing you had as a kid.
- What did the home you grew up in look like?
- What was your favorite meal when you were growing up?
- Who was your best friend when you were little?

MOM MATH

Mother's Day became an official holiday in 1914, when President Woodrow Wilson signed it into law. Use your subtraction skills to figure out **how many years ago** that was.

In the United States, Mother's Day was first proposed by Julia Ward Howe in 1870. Use your subtraction skills to figure out **how many years** there were between 1870 and 1914, when it became an official holiday.

WHERE IN THE WORLD?

What do you call your mother? Mom? Mama? Mommy? Around the world there are many different words for "mother." Some of them sound pretty close to a word that you might use in English, like *mama* in Russian. Other languages might sound close but different, like *madre* in Spanish, or *mère* in French. And sometimes the words sound totally different, like *eema* in Hebrew or *Ibu* in Malay. Do some research and learn how to say "mother" in 10 other languages. Then, share them with your family.



ACTIVITY: MOTHER'S DAY SCAVENGER HUNT

Challenge everyone to a Mom-themed scavenger hunt! Create a list of things for everyone in your family (including Mom!) to find or do around the house. Then split up and give everyone a set amount of time to accomplish as much from the list as possible. Come back together as a family and share what you collected. (If people from your family aren't at home with you, they can still participate through video chat by collecting things from their own home!)

Here are some ideas:

- Find a flower or make a flower for Mom out of whatever you can find.
- Find a picture of yourself as a baby.
- Find something in Mom's favorite color.
- Draw a picture of Mom.
- Make a video of yourself singing one of Mom's favorite songs.
- Write Mom a poem to perform at the end of the hunt.



ACTIVITY: COUPONS FOR MOM

Design and print out (or draw) some handmade coupons that Mom can cash in later. Here are some ideas, but you can also make up your own, since you know your mother best!

- Breakfast in bed
- A nap with no interruptions
- One room cleaned by me
- You pick the movie
- Playing your favorite game
- An afternoon, just the two of us
- Going on a walk wherever you like

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.

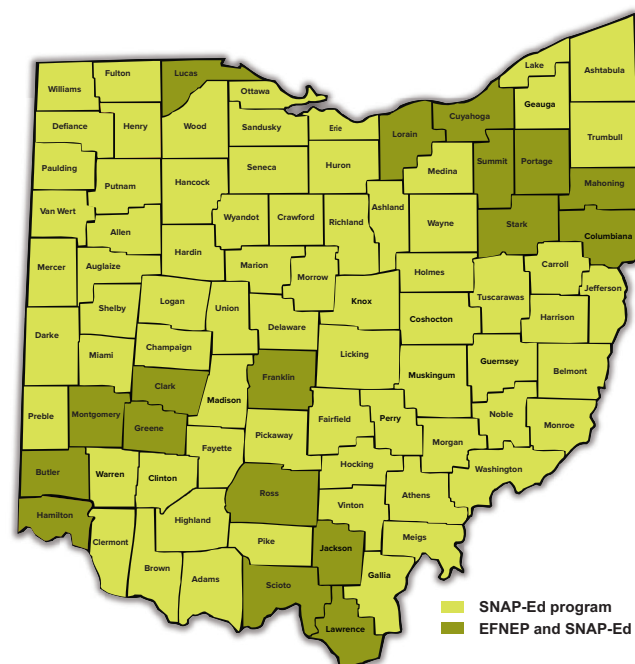
EFNEP

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.



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, whole-some recipes and more at CelebrateYourPlate.org



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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

Ever Seen a Meatball "Veg Out"?

Zucchini Meatballs



Zucchini

is packed with
B vitamins.

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

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