

KIDS CLUB

NEWSLETTER



Welcome to week 9 of our new ChopChop Kids Club newsletter! (If you missed the last one, it's [here](#).)

This week we're making smoothies. Yogurt is something we usually have in the refrigerator, and we love combining it with fresh or frozen fruit and even some leafy greens to make smoothies. Take a look at what's in your kitchen right now, and then use our mix-and-match chart to create your own combinations. Maybe you will invent a smoothie no one's ever tried before! Of course, we also have activities you can do after you're done blending and some other yogurt recipes you can make, too.

We hope it goes smoothie-ly.





SMOOTHIES

Smoothies take almost no time at all, but if your mornings are super rushed, you can put everything in the blender the night before, put the top on tightly, and refrigerate. Then, when you wake up, put the blender on the base and whir away. Or, for another time saver, try measuring your solid ingredients into a resealable plastic bag; label it with the contents (such as “1 cup peaches and bananas, 1 tablespoon almonds”) and the amount of liquid you’ll need to add (such as “add 1 cup milk”), then freeze until you’re ready for a smoothie.

BASIC MIX-AND-MATCH Smoothie

ADULT: YES | HANDS-ON TIME: 10 MINUTES | TOTAL TIME: 10 MINUTES | MAKES: 2 SERVINGS

Below is a chart for mixing and matching. There are certain fruits that are particularly good with other fruits, and with other ingredients, too. But don’t take our word for it: experiment to your hearts delight! For example: one reader adds spinach to her smoothie because she doesn’t think she gets enough vegetables (and surprisingly, it doesn’t make the smoothie taste like spinach). Another adds almond butter because she loves how smooth and creamy it makes her smoothie. Plus it’s a great way to add even more protein.

INGREDIENTS

Fruit, fresh or frozen
1 cup (mix and match)

+ Liquid
1 cup

+ Extras
1–2 tablespoons

+ If you like



peaches
berries
apples
oranges
bananas
pineapples
mangoes

½ cup plain yogurt
plus
½ cup water
or
milk (any kind)
or
coconut water



almonds, walnuts, or
pecans
or
wheat germ
or
ground flaxseed
or
peanut or almond
butter



a handful of kale
or
spinach
2 ice cubes
a pinch of cinnamon
a dash of vanilla
1 teaspoon of honey or
maple syrup

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring cup
Measuring spoons
Blender (adult needed)

INSTRUCTIONS

1. Put your liquid ingredient(s) in the blender, then add whatever cut-up fruit (peel and/or seed it if you need to) and extras you choose.
2. Put the blender top on tightly. Turn the blender to medium and blend until the mixture is smooth, about 2 minutes.
3. Divide the smoothie between two glasses.
4. Serve right away or cover and refrigerate up to 4 hours.



Try these combinations:

Eggno Smoothie

- 1 cup plain yogurt
- 1 overripe banana, peeled and sliced

EXTRAS

- 1 tablespoon raw almonds
- 1 teaspoon honey or maple syrup (if you like it sweet)
- ¼ teaspoon vanilla extract
- 1 pinch ground nutmeg
- 4 ice cubes

Strawberry-Banana Smoothie

- 1 cup plain yogurt
- 1 tablespoon orange juice concentrate (from a frozen can)
- 3 tablespoons water
- 1 overripe banana, peeled and sliced
- 6 strawberries, hulled ("Hull" means to remove the stem and core of a fruit)

EXTRAS

- 2 teaspoons honey

Tropical Smoothie

- ¾ cup plain yogurt
- 1 orange, peeled and sectioned
- 1 overripe banana, peeled and sliced
- ½ cup fresh, frozen, or canned pineapple chunks (not in syrup)
- 1 tablespoon shredded unsweetened coconut

EXTRAS

- 2 ice cubes
- 1 tablespoon almond or peanut butter



Green Dream Monster Smoothie

- 1 cup plain yogurt
- ½ cup orange juice
- 2 cups chopped kale (discard the thick middle rib before chopping) or spinach
- 1 overripe banana, peeled and sliced
- 1 apple, cored and chopped
- 1 cup frozen blueberries

EXTRAS

- 2 tablespoons almonds or walnuts

FROZEN BANANA HOW-TO

To help make any smoothie thicker, it's great to have slices of frozen banana ready to go. It's easy. Just peel a ripe banana. (You know you have an overripe banana when it has a lot of brown spots on it and is soft to touch. The banana inside becomes really mushy and sweet, which is not great for eating raw but is perfect for smoothies.) Use a butter knife to slice it into thin rounds. Put the slices in a resealable plastic bag and put it in the freezer.

DO YOU HAVE MORE YOGURT?

Try one of these recipes.

- **Layered Yogurt Parfait** www.chopchopfamily.org/recipe/layered-yogurt-parfait
- **Parmesan Yogurt Dip with Carrots** www.chopchopfamily.org/recipe/parmesan-yogurt-dip-with-carrots
- **Peach Lassi** www.chopchopfamily.org/recipe/peach-lassi
- **Ranch Dressing** www.chopchopfamily.org/recipe/ranch-dressing
- **Caramelized Onion Dip** www.chopchopfamily.org/recipe/caramelized-onion-dip

Peach Lassi ►



Kitchen Skill: How to use a Blender



While you are learning, you might need an adult to help make sure the blender lid is on tight, to know which buttons to use, and to figure out how long to blend.

1. Put all the ingredients in the blender.
2. Put the lid on tightly.
3. Turn the blender to a medium setting and blend until the mixture is smooth, about 30 seconds.

Important things to remember:

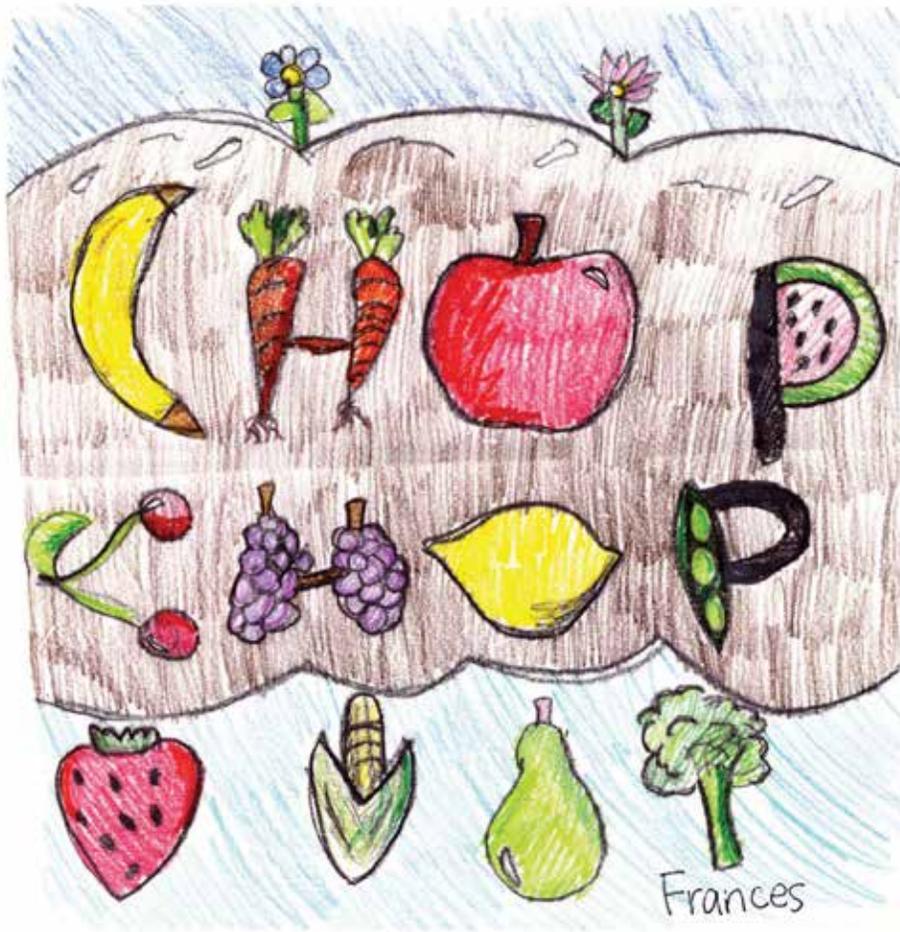
- **Put the lid on before you turn on the blender**, or your ingredients may wind up on the ceiling!
- **Ask an adult for help.** The blades are sharp! Be careful, especially when cleaning your blender. Make sure the blades have completely stopped moving before taking off the lid or pouring your mixture.
- **Keep the blender cord away from the sink and any other water source.** The combination of electricity and water can give you an electric shock.

KITCHEN SCIENCE: HOW THEY MAKE YOGURT

Traditional yogurt is a tart, creamy, spoonable food made from milk. You might see it plain, flavored with fruit, or strained to make thick Greek-style yogurt. The word *yogurt* comes from the Turkish *yoğurmak*, which means “to curdle; to thicken.” It is thought to have been invented more than 7,000 years ago!

To make yogurt, milk is heated up, and then a culture—a combination of different bacteria—is mixed in to ferment it. During fermentation, the bacteria turn the milk’s natural sugar (lactose) into acid (lactic acid), which is what gives the yogurt its tart taste. The acid also causes the protein molecules to unravel, which is what makes yogurt thicker than the milk it’s made from. Once the yogurt is done fermenting, it’s packaged into containers. If you see “live and active cultures” on your yogurt label, that means the bacteria used to make it are still living! Does that make you nervous? It shouldn’t. You have trillions of healthy microbes (bacteria) living in your intestines, and yogurt only adds to them. In addition to these healthy bacteria, yogurt also contributes loads of protein and calcium. Greek yogurt has the most protein, since more of the whey—the liquid left over after the milk is cultured—has been strained out of it. As long as you choose brands without added sugar and sweeteners, eating yogurt is definitely a healthy part of your day.





ACTIVITY: SMOOTHIE COLOR PALETTE

We love it when our smoothies turn out fun colors like bright green or pale pink after everything blends together. Use crayons, markers, colored pencils, paint, or whatever arts and crafts supplies you have at home to create a piece of art inspired by the color of your smoothie. (And it's okay if your smoothie turns out not so colorful; it will still taste just as delicious.)

GET MOVING: BEAR CRAWLS

Sometimes we like to put honey in our smoothies. Do you know what other creatures love honey? Bears! Do a bear crawl to get moving before or after your smoothie. Here's how.

1. Lean over and put your palms flat on the ground so your weight is on all four of your "paws," in a crouched bear position.
2. Arch your back toward the ceiling and bend your legs.
3. Crawl like a bear by moving one hand and the opposite foot at the same time. For example, move your left hand and right foot forward. Then switch and move your right hand and left foot forward.
4. Roar like a bear as you crawl across the room.



The Greek flag

WHERE IN THE WORLD?

Map Quest: Many different cultures eat yogurt as a part of their diet. Indian, Middle Eastern, Polish, Brazilian, and French diets include yogurt. And many other countries eat yogurt too, including **Greece**, whose thick style of yogurt has become very popular in the United States.

Use a map to answer these questions about Greece:

1. What is the capital of Greece?

2. What continent does Greece belong to?

3. Can you name two countries that share a border with Greece?

4. Can you name two bodies of water that surround Greece?

DID YOU KNOW?

You can make your own yogurt from milk and a spoonful of store-bought yogurt. Search online for "homemade yogurt" to find directions.

WORDY FUN: DESCRIBE IT!

Adjectives are words we use to describe people, places, and things. We often use adjectives to describe a food's taste, texture, and smell.

1. The word "smoothie" contains an adjective ("smooth")! Can you think of five other adjectives that describe a smoothie?
2. Think of other recipes or foods you like. Name the recipe or food, and list five adjectives to describe it.

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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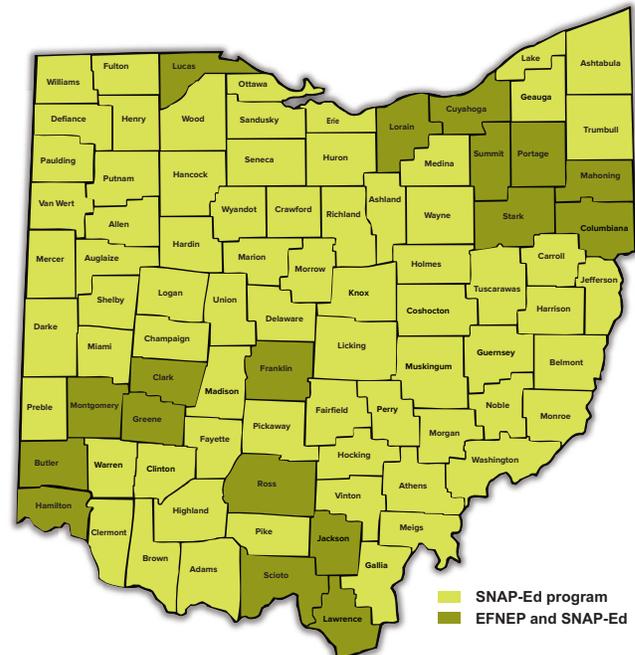
USDA Nondiscrimination Statement

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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.

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