

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 cooking with watermelon. Okay, we're not actually cooking with it, but we're making ice pops and salads and other fun cool-off recipes. Do you love watermelon as much as we do? Do you like the seedless kind or do you prefer the seeds? Do you cut it in half moons or wedges or chunks? These are just some of the many questions we have for you. There's plenty more inside.



Watermelon “Popsicles”

Okay, these aren’t really Popsicles. They’re watermelon wedges frozen on sticks. But isn’t this a coooooool way to eat your fruit? Leave the rind on if you want the slices to look classic—or cut it off, if you want to make it easier to put the sticks in.

■ HANDS-ON TIME: 15 MINUTES ■ TOTAL TIME: 3 HOURS ■ MAKES: 8 POPS



KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Popsicle sticks
Rimmed baking sheet

INGREDIENTS

¼ small seedless watermelon

INSTRUCTIONS

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

1. Ask an adult to cut across the watermelon to make wedges about 1 inch thick.
2. Carefully cut a slit in the rind of each wedge and push a stick into each slit.
3. Arrange the wedges on the baking sheet so they’re not touching.
4. Freeze until firm, at least 3 hours.



KITCHEN SKILL

How to cut up a Watermelon

Watermelons are so sweet and delicious, but their tough rinds can make them hard to deal with. Here's how we do it. (Note: This is a job for an adult.)



1. Put the watermelon on its side on a cutting board and use a large, sharp knife to carefully slice off about $\frac{3}{4}$ inch from its top and bottom.
2. Turn the melon upright, onto one of its cut surfaces. Cut the rind off in skinny strips, starting at the top and cutting down to the bottom, following the curve as well as you can. When all the rind is cut off, trim away any green or white that's left on the melon.



3. To cut the melon into cubes for a fruit salad, cut it in half from top to bottom. If there are lots of seeds, use a large spoon to scrape them out.
4. Lay the melon halves, cut-side down, on the cutting board and cube them by cutting first in one direction and then the other, in a grid pattern.
5. Eat the melon, or use it in a recipe.



KITCHEN SCIENCE: MELON MYSTERY

By Vayu Maini Rekdal

Look at the Watermelon “Popsicles” recipe. Do you think the watermelon will stay the same after freezing as the fruit you are used to eating? What might be different about it?

Aside from being much colder, the ice pops are also solid and brittle. The transition from soft fruit to frozen not only makes a delicious treat, but also illustrates an important scientific concept.

Watermelon, as you can guess from the name, contains a large amount of water. This means that it behaves a lot like water does at different temperatures.

At room temperature, water is a liquid; water molecules are moving around freely in the fruit, producing a soft, juicy texture. When you put the melon in the freezer, the water molecules slow down a lot, eventually forming solid ice crystals that give the

fruit a Popsicle-like consistency.

The change from liquid to solid is known as a phase transition. These transitions are important in the kitchen, and appear in everything from cooking eggs to making ice cream. Can you think of other examples? Understanding how and why things happen in the kitchen can make you both a better chef and a better scientist—at the same time!



DO YOU HAVE MORE WATERMELON?

Try some of these recipes.

Watermelon and Feta Salad: www.chopchopfamily.org/recipe/watermelon-and-feta-salad/

◀ **Watermelon Juice with Lime:** www.chopchopfamily.org/recipe/watermelon-juice-with-lime/

Watermelon "Sandwich": www.chopchopfamily.org/recipe/watermelon-sandwich/

Watermelon Agua Fresca: www.chopchopfamily.org/recipe/watermelon-agua-fresca/

Watermelon Smush: www.chopchopfamily.org/recipe/watermelon-smush/

Melon Salad with Chiles and Mint: www.chopchopfamily.org/recipe/melon-salad-with-chiles-and-mint/

The Perfect Fruit Salad: www.chopchopfamily.org/recipe/the-perfect-fruit-salad/



GET MOVING: WATERMELON WORKOUT

Before you cut it up, make the most of your whole watermelon in a quick fitness routine! Put on the Harry Styles song "Watermelon Sugar" for inspiration, and refresh yourself afterward with a big, thirst-quenching slice of watermelon. Ready, set, squat:

1. Hold the watermelon in your arms at chest height.
2. Now bend at your knees and hips, sticking your rear end out like you're sitting in an imaginary chair. Keep your chest lifted.
3. Squat down as low as you can, keeping your head and chest lifted
- and keeping your knees over your ankles. Press your weight back into your heels.
4. Push through your heels to bring yourself back to the starting position.
5. See if you can do a set of 5 squats. If you need to, you can put down the watermelon!

WEDGE OF MATH: MELONY MULTIPLICATION

Hooray! It's picnic time. Well, a math picnic at least. And you brought watermelon!

- You cut your melon into **10** round slices, and then you cut every slice into **4** wedges. How many wedges do you end up with?
- There are **20** seeds in each wedge. How many seeds are there in the whole melon?
- If you brought **5** melons ... How many wedges would there be? How many seeds?

5 WAYS TO EAT WATERMELON

1. Eat a plain wedge.
2. Spritz it with a squeeze of lime and/or a dusting of chile powder.
3. Sprinkle it with kosher salt.
4. Use a melon baller—an old-fashioned gadget that looks like a small two-sided scoop—to turn the watermelon into spheres and eat them with a toothpick.
5. Make a fruit-and-vegetable salad with melon, cucumber, and fresh mint leaves.

TO STORE WATERMELON

An uncut watermelon will keep for 2 to 3 weeks in the refrigerator. (But it will take up a lot of space!)

DID YOU KNOW?

You can roast watermelon seeds the same way you roast pumpkin seeds. Just rinse them and pat them dry, then toss them with a little oil and salt, spread in a single layer on a rimmed baking sheet, and roast in a 325-degree oven until crisp, 20 to 30 minutes. (They'll crisp more as they cool.)

In his *Oda a la Sandía* (*Ode to a Watermelon*), the Chilean poet Pablo Neruda describes it as "the fruit of the tree of thirst" and "the green whale of summer."

WORD FUN WITH PUNS

Do you know what a pun is? It's a kind of joke based on words that sound alike but have different meanings. For example:

Q: What did the honeydew say to the cantaloupe?

A: You're one in a melon.

Do you know any other food puns or jokes that use the name of a fruit or vegetable? Can you make one up?

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.

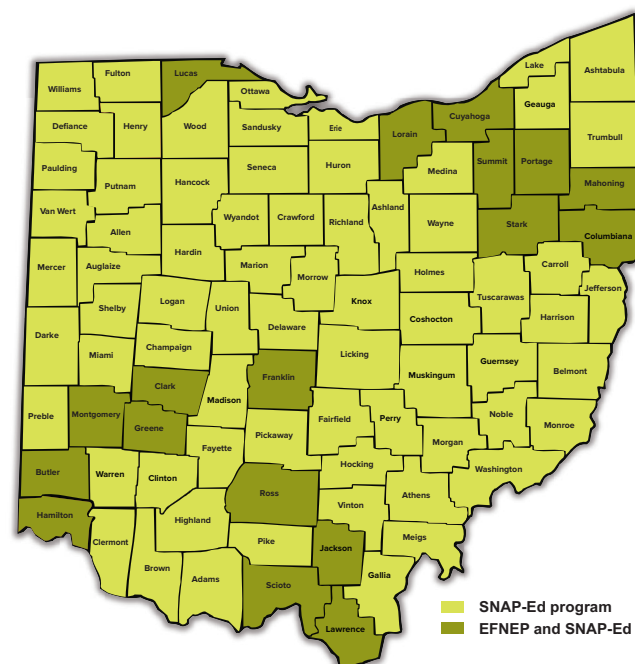
EFNEP

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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USDA Nondiscrimination Statement

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

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).