

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/

Cucumber-Mint Water: www.chopchopfamily.org/recipe/cucumber-mint-water/

Citrus Pitcher: www.chopchopfamily.org/recipe/citrus-pitcher/

Fruity Cider Punch: www.chopchopfamily.org/recipe/fruity-cider-punch/

◀ **Grapefruit Fizz:** www.chopchopfamily.org/recipe/grapefruit-fizz/

Cucumber Agua Fresca: www.chopchopfamily.org/recipe/cucumber-agua-fresca/

Homemade Orange Soda: www.chopchopfamily.org/recipe/homemade-orange-soda/

Pomegranate Sparkler: www.chopchopfamily.org/recipe/pomegranate-sparkler/

Minty Sun Tea: 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!

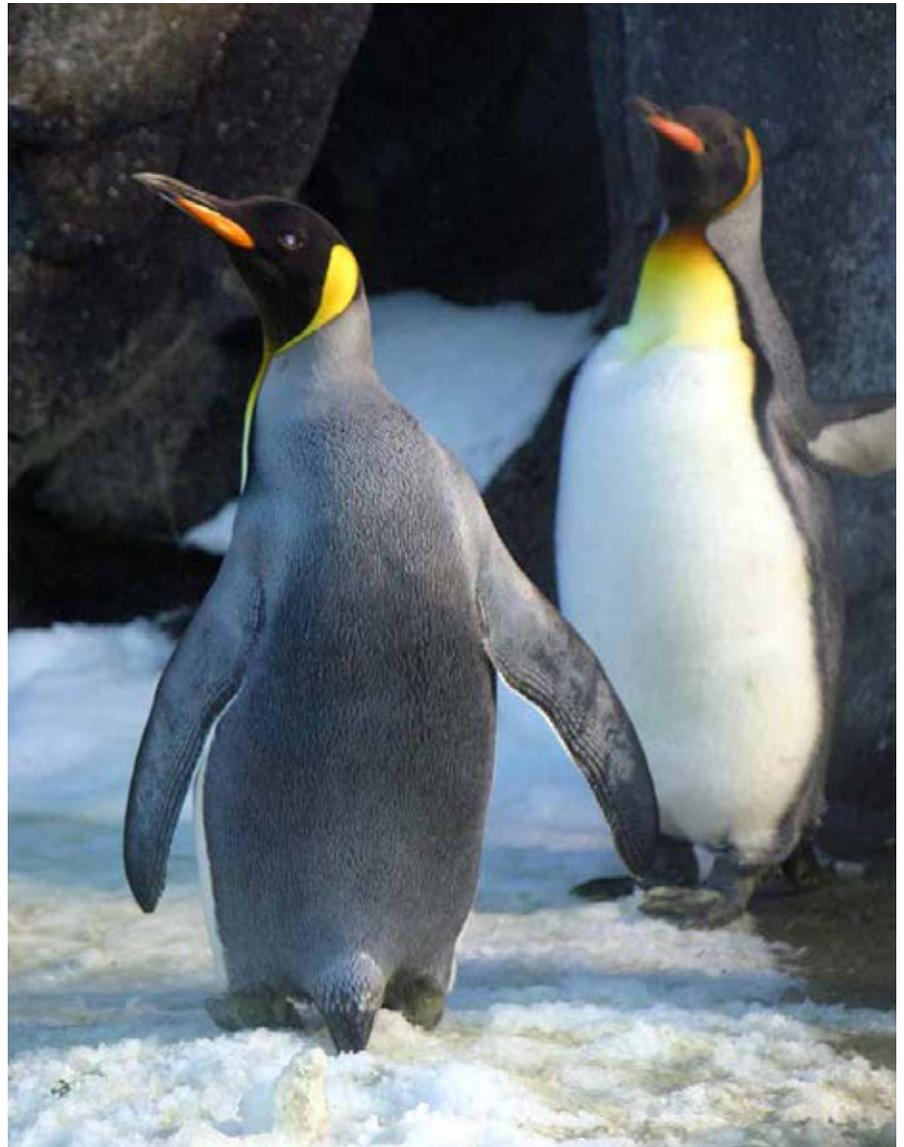


GET MOVING: HOSE LIMBO

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?