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 MATTERS™**  
 NO KID HUNGRY

THE FUN COOKING MAGAZINE FOR FAMILIES  
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# Let's Go Shopping: An Adventure in the Supermarket



**BE HELPFUL:**

Make a grocery list with your adult and go with them to the store.

**BE COLORFUL:**

Fill your cart with colorful fruits. Pick at least 3 different colors.

**BE ADVENTUROUS:**

Taste a new fruit! You never know what you might like!

**BE CREATIVE:**

Swap a sugary drink for a homemade smoothie!

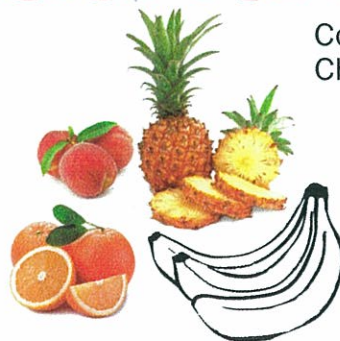
## Color Me Healthy

Colorful fruits keep you healthy and strong!  
 Check out what each color can do for you.



**RED**

Good memory, a healthy heart.



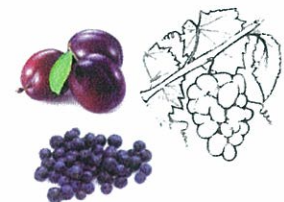
**ORANGE/YELLOW**

A healthy heart, sharp vision, strength to fight off colds.



**GREEN**

Sharp vision, strong bones and teeth.



**BLUE/PURPLE**

Good memory.

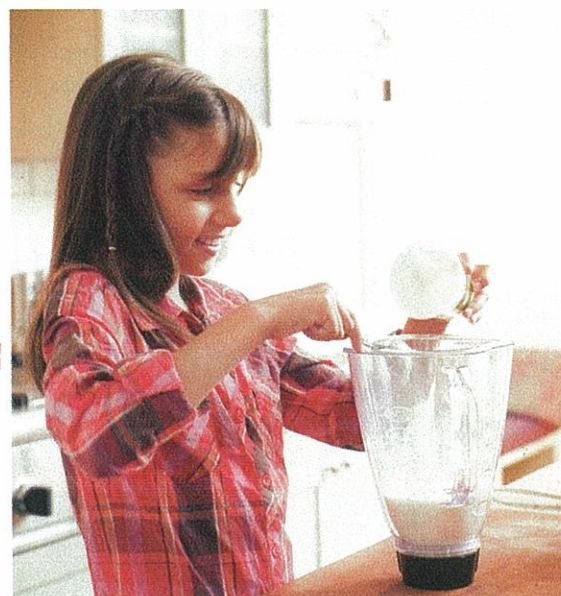
**Q:** Which fruits are your favorites? What colors are they?



# Summer Smoothie Spectacular

**1** Read the recipe from start to finish before you go shopping.

**2** Shop for your choice of fruits, liquid and extras. Rinse, peel and cut up fruit(s).



**3** Pick one from each column.

Fruit, fresh or frozen
1 cup (mix and match)
peaches
berries
apples
oranges
banana
pineapple
mango



Liquid
1 cup
½ cup low-fat plain yogurt + ½ cup water
or
low-fat milk
or
soy milk
or rice milk



Extras
1-2 tablespoons
almonds,
walnuts or pecans
or
wheat germ
or
peanut
or almond butter

## QUICK-FIRE CHALLENGE QUESTIONS

**Q:** This smoothie serves 2 people. What changes would you make to serve 4 people?

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.....

.....

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**Q:** What colors were the fruits that went into your smoothie?

.....

.....

**Q:** What color do you think it will make when they are mixed together?

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**Q:** What color did it make when they were mixed together? (Were you right?)

.....

.....

## RECIPE

### KITCHEN GEAR

- Measuring cup
- Measuring spoons
- Blender
- Long-handled spoon, or rubber spatula, for scraping

### INSTRUCTIONS

Wash your hands with soap and water. Clean the counter top. Gather all your kitchen gear and ingredients and put them on the clean counter.

- Put your liquid in the blender, and then add the cut-up fruit and extras you chose.
- Put the blender top on tightly. Turn the blender to a medium setting and blend until the mixture is smooth, about 2 minutes.
- Pour the smoothie into cups and scrape out the rest with a spoon.
- Serve right away, or cover and refrigerate up to 4 hours.

**Before you make your smoothie, take a piece of each fruit and taste it. Which is your favorite fruit in your smoothie? Do you like it better fresh or frozen? Do you like to eat it alone as a snack or do you like it better in a smoothie?**



# How Do You Know When Fruit is Ready?

When fruit is ripe, it means it is ready to eat and will taste great. Some fruits and vegetables are picked when they are ripe; others are picked early and get ripe after picking.



Most fruit should not be hard. You should be able to squeeze it a little bit, but it should not be too squishy or soft.



Ripe fruit should smell fruity and be brightly colored. If you can't smell it yet, it may not be ready to eat. Fruit should smell as good as it will taste.



The peel should be brightly colored without green showing. A green skin usually means that the fruit is not yet ripe.

## What's the Better Buy?

Find a fresh fruit you like in the produce section (for example, raspberries) and write down the price per pound here.

**1:** Then, go find the same amount of the same fruit in the canned or frozen section (in this example, frozen raspberries in the frozen food section). Write the price per pound here.

**2:** Which costs more? Write the bigger number here.

**3:** Which costs less? Write the smaller number here.

**4:** Subtract the smaller number from the larger number to find the difference in price. Write it here.

Buying fruit in season is less expensive than at any other time. Seasonal summer fruits that are good in smoothies include strawberries, blueberries, peaches, apricots, raspberries and even kiwi, for the adventurous!



Some people like to add vegetables to their smoothies, like spinach or kale. This can turn your smoothie green!

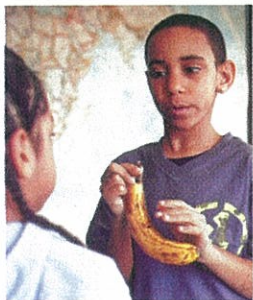


# FOOD SEARCH

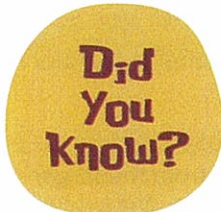


**WORDS HIDDEN ABOVE**

PEACHES	ORANGES	MANGO	PECANS	APRICOTS
RASPBERRIES	BANANA	YOGURT	PEANUTS	KIWI
APPLES	PINEAPPLE	WALNUTS	ALMONDS	BLUEBERRIES



Overripe bananas are great for breads, muffins or in smoothies. Peel, slice and freeze overripe bananas for a tasty smoothie ingredient. Frozen banana slices also make a great snack to munch on.



Blueberries are one of the three fruits native to North America. The others are cranberries and Concord grapes. Blueberries were popular in Colonial times and were used in many desserts.