



## **No-Cook: Fabulous Fruit Salad Salsa + Crunchy Cinnamon Chips + Juicy Fruity Smoothies**

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**Prep Time** 30 / **Cook Time** 0 / **Serves** 4 - 6

### **Shopping List**

☐ FRESH

☐ 1/2 C green or red grapes

☐ 2 kiwi fruit

☐ 1 banana

☐ 6 to 10 large strawberries OR 1/2 C blueberries, other berries, or a combination (your choice!)

☐ 1/2 C diced watermelon, mango, pineapple, or a combination (your choice!)

☐ 2 Granny Smith apples

☐ 2 limes

☐ For Smoothies, choose 3 of the following for 3 C of fruit in total:

☐ 1/2 C green or red grapes

☐ 2 kiwi fruit

☐ 2 bananas

☐ 6 to 10 large strawberries OR 1/2 C blueberries, other berries, or a combination (your choice!)

☐ 1/2 C diced watermelon, mango, pineapple, or a combination (your choice!)

☐ 2 Granny Smith apples

☐ PANTRY

☐ 3 to 4 T fruit jam (your choice!)

- ☐ 1 8- to 12-oz bag plain corn tortilla chips
- ☐ 1 to 2 T ground cinnamon
- ☐ 3 to 4 T granulated sugar
- ☐ 2 T granulated sugar, brown sugar, honey, or 1 to 2 stevia packets
- ☐ HAVE ON HAND
- ☐ large resealable plastic bag
- ☐ 2 C cold water
- ☐ 4 to 5 ice cubes

## Fun-Da-Mentals Kitchen Skills

**slice:** to cut into thin pieces using a sawing motion with your knife.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**chop:** to cut something into small, rough pieces using a blade.

**dice:** to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

**peel:** to remove the skin or rind from something using your hands or a metal tool.

**shake:** to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

**slice:** to cut into thin pieces using a sawing motion with your knife.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**juice:** to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

## Equipment

- ☐ Large mixing bowl
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Measuring cups
- ☐ Measuring spoons

- ☐ Wooden spoon
- ☐ Large resealable plastic bag
- ☐ Blender (or pitcher + immersion blender)
- ☐ Citrus juicer (optional)
- ☐ Liquid measuring cup

## Ingredients

### Fabulous Fruit Salad Salsa

- ☐ 1/2 C green or red grapes
- ☐ 2 kiwi fruit
- ☐ 1 banana
- ☐ 6 to 10 large strawberries OR 1/2 C blueberries, other berries, or a combination (your choice!)
- ☐ 1/2 C diced watermelon, mango, pineapple, or a combination (your choice!)
- ☐ 2 Granny Smith apples
- ☐ 1 lime
- ☐ 3 to 4 T fruit jam (your choice!)

### Crunchy Cinnamon Chips

- ☐ 1 8- to 12-oz bag plain corn tortilla chips
- ☐ 1 to 2 T ground cinnamon
- ☐ 3 to 4 T granulated sugar

### Juicy Fruity Smoothies

- ☐ 2 T granulated sugar, brown sugar, honey, or 1 to 2 stevia packets
- ☐ 1 lime, juiced
- ☐ 2 C cold water
- ☐ 4 to 5 ice cubes
- ☐ Choose 3 of the following for 3 C of fruit in total:
  - ☐ 1/2 C green or red grapes
  - ☐ 2 kiwi fruit

- ☐ 2 bananas
- ☐ 6 to 10 large strawberries OR 1/2 C blueberries, other berries, or a combination (your choice!)
- ☐ 1/2 C diced watermelon, mango, pineapple, or a combination (your choice!)
- ☐ 2 Granny Smith apples

## Food Allergen Substitutions

Fabulous Fruit Salad Salsa

Crunchy Cinnamon Chips

Juicy Fruity Smoothies

## Instructions

Fabulous Fruit Salad Salsa

wash + slice + dice

Have kids wash all of the fruit first! Now, kids get to peel (if needed) and slice or dice **1/2 cup green or red grapes, 2 kiwi fruit, 1 banana, 6 to 10 large strawberries OR 1/2 cup blueberries, 1/2 cup watermelon, mango, or pineapple**, and **2 Granny Smith apples**. Have kids chop up everything into fine little bits! (We know that many fruit bites will make it into mouths when the kids are slicing and dicing, so buy extra fruit!) Add all of the chopped-up fruit to a large mixing bowl.

squeeze + stir

Cut up **1 lime** into wedges and let each child squeeze the lime juice onto the chopped fruit salsa (so the fruit will not turn brown). Then, have kids stir in **3 to 4 tablespoons of their favorite fruit jam**. Set to the side for all of the fruit flavors in your tasty fruit salad salsa to combine and get extra yummy! Enjoy with **Crunchy Cinnamon Chips**!

Crunchy Cinnamon Chips

scrumptious science

Fragrance and food go hand-in-hand. Your nose is a well-oiled machine that does most of the work in processing your olfactory sense (sense of smell). The olfactory sense refers to all the parts of your body that process smells. Your brain and nose do a lot of the work. When you smell something, your nose will communicate with the olfactory bulb, which is the part of your brain that processes smells. This process happens in a split second, making you feel an emotion or transporting you into a memory. This unique bodily function is why foods and their smells can make people feel happy, sad, or any range of emotions. My favorite is smelling cinnamon and being transported to baking pies with my aunts.

shake + shake + shake

Have kids gently pour **1 bag of plain tortilla chips** (or as many as will fit) into a large resealable bag and add **1 to 2 tablespoons cinnamon** and **3 to 4 tablespoons sugar**. Then, gently shake, shake, shake the bag to mix and coat the chips evenly with the cinnamon sugar. Enjoy with **Fabulous Fruit Salad Salsa!**

## Juicy Fruity Smoothies

measure + slice + juice

In a blender (or pitcher for use with an immersion blender), measure **2 tablespoons of sugar**. Then, slice **1 lime** and squeeze it over the sugar in the blender. Roughly slice and add **1/2 cup green or red grapes, 2 kiwi fruit, 2 bananas, 6 to 10 large strawberries OR 1/2 cup blueberries, 1/2 cup watermelon, mango, or pineapple**, and **2 Granny Smith apples**. (If making **Fabulous Fruit Salad Salsa**, you can also use any of the leftover fruits from that recipe.)

blend + pour

Finally, blend with **2 cups of cold water** and **4 or 5 ice cubes**. Keep blending until totally smooth. The ice will help break up any of the tougher fruit skin, like the grapes, for example. Pour into cups and slurp! Cheers!

## Featured Ingredient: Fruit!

Hi! I'm Fruit!

"I'm the seed-bearing part of a flowering plant! A fruit's seed is what helps create more plants. Did you know that some foods we call vegetables are actually fruits and even nuts are a type of fruit!"

### Brief Overview & Etymology

There are more than 2,000 types of fruit, each with several varieties. For instance, there are over 7,500 varieties of apples. Not all fruit is edible. The ones that you cannot eat are either poisonous or too unpleasant to eat.

The Western world eats only about 10 percent of the Earth's fruit.

The word "fruit" comes from Middle English and Old French, from the Latin "fructus" (benefit, enjoyment, produce). It is related to the Latin "fruges" (crops or fruits of the Earth).

### Anatomy

Fruit has three main classifications: simple fruits, aggregate fruits, and multiple (or composite) fruits.

Simple fruits come from an ovary in a single flower with a single pistil. They may be dry or fleshy. Examples of dry simple fruits are legumes and nuts. Fleshy simple fruits include those classified botanically as berries (banana, citrus fruit, cranberry, grape, melon, squash, tomato), pome fruit (apple and pear), and stone fruit (apricot, cherry, peach, and plum).

Aggregate fruits grow from a single flower with several simple pistils. Each pistil has one carpel, and together, they form a fruitlet. Types of aggregate fruits include the blackberry, raspberry, and strawberry. Multiple fruits are formed from flower clusters, including the fig, jackfruit, mulberry, and pineapple. Some fruits are seedless or semi-seedless. These include bananas, pineapples, and some varieties of mandarin oranges, satsumas, table grapes, tomatoes, and watermelon.

## Culinary Uses

Edible fruit can be eaten fresh or made into compotes, syrups, or preserves, like jams, jellies, and marmalades. They can also be juiced to make a refreshing beverage.

Fresh, frozen, canned, or dried fruit can be added to cakes, ice cream, pies, yogurt, and savory dishes.

## Nutrition

Eating fruits with a lot of vitamin C, like oranges, will help your cuts heal faster. They can also make your teeth nice and strong.

Berries are purported to help improve nighttime vision.

Fruit contains antioxidants that can reduce your chances of getting cancer and other diseases.

Five servings of fruit and vegetables daily is a good way to stay healthy and strong.

Dried fruit is easy to store and transport and contains lots of fiber, but it has much more sugar than fresh fruit.

It is possible to use fruit juice in your cake or cookie recipe in place of some of the fat, adding to your fruit intake for the day in a sweet and tasty way.

Fruit juice can be a healthy choice, but whole or cut-up fruits add fiber to your diet. There is no fiber in juice unless it includes some pulp.