



Fancy French Berry Sparklers

By Erin Fletter

Prep Time 5 / **Cook Time** / **Serves** 1 - 2

Fun-Da-Mentals Kitchen Skills

mash: to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

Equipment

- Cutting board + kid-safe knife (a butter knife works great)
- Metal fork
- Liquid measuring cup
- Measuring spoons
- Drinking glass

Ingredients

Fancy French Berry Sparklers

- 1 C cold water
- 2 to 2 1/2 lemons, juiced
- 2 tsp sugar
- 1/4 to 1/2 tsp baking soda
- 1 handful fresh or frozen (thawed) raspberries, blueberries, or blackberries, or a mix!

Food Allergen Substitutions

Fancy French Berry Sparklers

Instructions

Fancy French Berry Sparklers

squeeze + measure + mash

Squeeze the juice from **2 to 2 1/2 lemons** into a drinking glass. Measure and add **1 handful of fresh or frozen and thawed berries**. Use a metal fork or spoon to mash the berries against the side of the glass.

add + mix + fizz

Add **1 cup cold water** and **2 teaspoons sugar** to the drinking glass and mix. Then, add **1/4 to 1/2 teaspoon baking soda**, stir, and watch the carbonation form! "Santé" or "Cheers" (literally "health") in French!

Featured Ingredient: Berries!

Hi! I'm a Berry!

"To be specific, I'm an edible berry. We might be sweet or sour, colorful, juicy, and delicious! People around the world eat us alone, with other foods, and in jams, preserves, and pies! Yum! Did you know that bananas, pumpkins, tomatoes, and watermelons are technically berries!"

Thousands of years ago, before crops were domesticated, hunter-gatherers picked wild berries, an activity people still enjoy doing today.

Berry cultivation may have begun as early as the 10th century in Japan, the 14th century in Europe, and the 18th century in the United States.

The word "berry" comes from the Old English "berie," from the German "beere."

Globally, strawberries are grown twice the amount of any other berry, although strawberries, blackberries, and raspberries are not actual berries, botanically speaking—they are aggregate fruits.

Botanical berries include blueberries, cranberries, elderberries, gooseberries, lingonberries, and persimmons.

Berries are a wonderful snack eaten by themselves or added to cold and hot cereal. But they are equally delightful when made into preserves, jams, and sauces. In addition, berries are often used in baked goods like cakes, cobblers, muffins, and pies.

Berries are often called a "superfood" and are recommended by doctors and nutritionists for a healthy diet. They are high in antioxidants and fiber, and many have essential nutrients like vitamin C, helping to protect against cancer and chronic disease.