



"Water You Cooking Up?" Flavored Water

By Dylan Sabuco

Prep Time 5 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

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

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

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

Equipment

- Pitcher
- Cutting board
- Kid-safe knife
- Measuring cups

Ingredients

"Water You Cooking Up?" Flavored Water

- 4 C water
- 2 C ice
- Choose 1 or more of the following fresh ingredients to flavor your water:
 - 1 cucumber
 - 1 lime
 - 1 lemon

1 orange

1 mint sprig

Food Allergen Substitutions

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Instructions

"Water You Cooking Up?" Flavored Water

chop + measure + stir

Choose the flavor of water you will be making. Simply slice whatever **fresh ingredients** you chose and place them into a pitcher. Measure and add **4 cups of water** and **2 cups of ice**. Stir a few times and then serve.

Featured Ingredient: Water!

Hi! I'm Water!

"I don't like to brag, but I'm pretty spectacular. In fact, you couldn't live without me! Just take two hydrogen atoms and one oxygen atom, or H₂O, and voila! You've got a clear, odorless, tasteless liquid vital to all living things! I can be quite bubbly or very still. I fill drinking glasses, clouds, bathtubs, pools, lakes, rivers, and oceans, and I'm lots of fun if you have a boat (toy or real-life size), pool floats, water skis, or scuba gear!"

About 60 percent of the human body is water. It comprises about 71 percent of the Earth's surface, and oceans contain about 96.5 percent of its water.

Clouds are masses of condensed water vapor floating in the sky. They are made up of tiny water droplets or frozen crystals. When they combine and become too large and heavy to remain suspended, they fall to the ground as rain or snow.

Water can exist as a gas (water vapor), liquid, or solid. Water vapor or "steam" happens through evaporation when water molecules are warmed by a heat source like a stove or the sun, move rapidly apart, and escape into the air. You can see steam rise from a pot of boiling water on the stove or from a swimming pool when cold water is heated by the sun.

When water freezes, it becomes a solid we call "ice." Water molecules slow down and get closer, organizing themselves into a fixed position. Ice forms at temperatures at or below zero degrees Celsius or 32 degrees Fahrenheit.

Liquid water is used in cooking to boil or poach foods like eggs, rice, vegetables, and meat. Steam can also cook some of these same foods and keep more of the nutrients in vegetables from being lost in the cooking water.

Iced is used in cooking as an ice bath to freshen and crisp up raw vegetables and quickly stop the continued cooking of eggs or vegetables. Putting hard-boiled eggs in ice water may make them easier to peel. Ice cubes help remove fat from gravy and soup and keep cold food fresher for a longer time. Adding an ice cube or two to the top of cooked rice before reheating it in the microwave will add moisture and make it come out softer and fluffier. Last but not least, ice is essential in creating ice cream!