

Kid Scoop

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THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



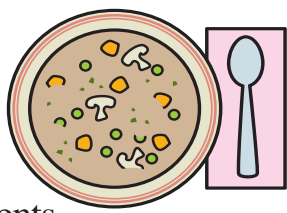
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Eat Your Way Through Family History

Sometimes you may feel like you are very different from your parents, grandparents and other ancestors. But one thing all generations have in common is the love of food. Ask your parents and/or grandparents the following questions:



Q: What was your favorite food when you were my age?

Q: What food does our family cook today that was cooked by your grandparents?

Q: What food dish does our family eat today that has been eaten by our ancestors for the longest time?

Favorite Family Recipes

Ask members of your family to write down their favorite recipes. Copy these and make little recipe books. Be sure to include a recipe for **your** favorite recipe.

These recipe books make gifts that your family members will treasure for years to come.



- 1 gallon water
- 3-4 carrots, chopped
- 3 stalks celery, chopped
- 1 lb. lentils
- 3 leeks, chopped
- 4-5 potatoes
- 1/4 cup white vinegar
- salt & pepper to taste

Grandma's Lentil Soup

Grandma made this during cold winter months.

Add lentils, carrots, leeks, celery and vinegar to pot of boiling water. After 10 minutes, lower heat and allow to simmer 2 hours, stirring often.

Add peeled diced potatoes and return to boil for 10 minutes. Simmer one more hour, stirring regularly, and serve.

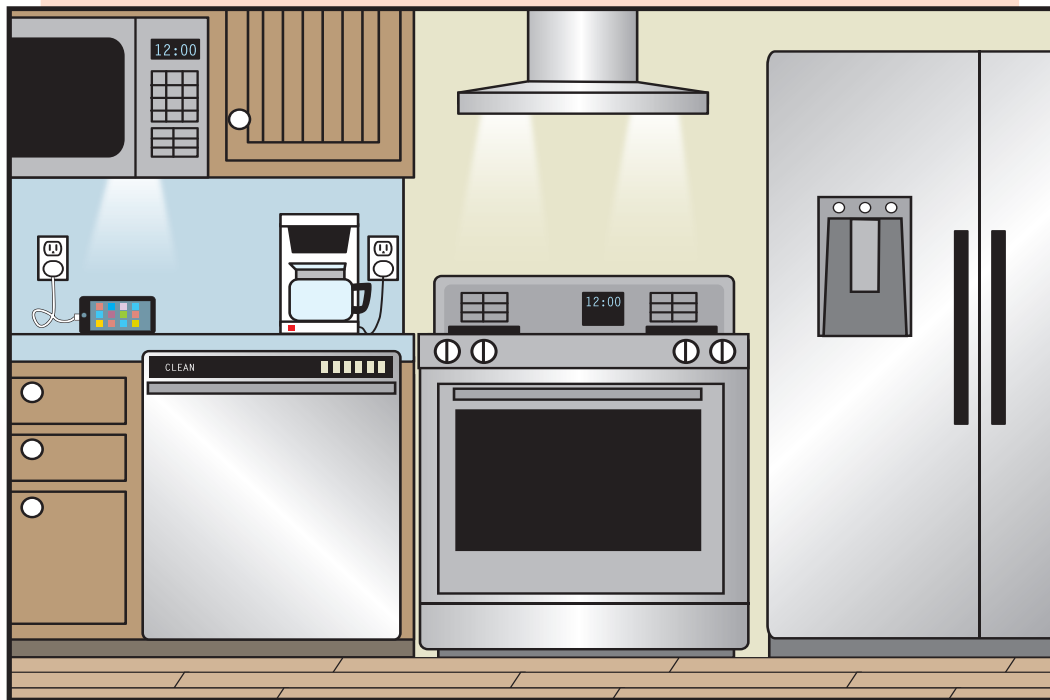
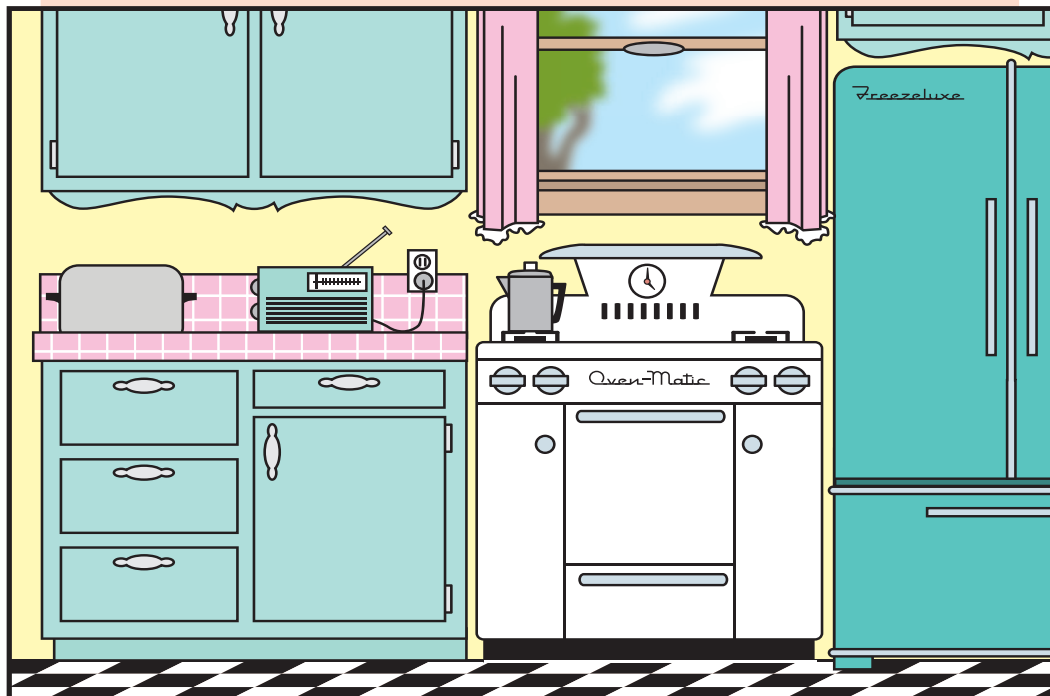
Food Groups

Look through the newspaper and cut out pictures of food. Put the foods into groups that you think go together. Give each group a name.

Standards Link: Reading Comprehension: Follow simple written directions.

Kitchens Today and Yesterday

Look at the pictures of the two kitchens. How many differences can you find? Are there some things in grandma's kitchen (top) that you have never seen? Ask your parents and grandparents what these are.



Kid Scoop Together:

Try making this easy recipe with your family. Look for more recipes at kidscoop.com/recipes/

Baked Cheese Quesadillas

— STUFF YOU'LL NEED: —



4 flour tortillas

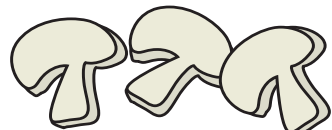


1 cup shredded Monterey Jack cheese



1 cup shredded cheddar cheese

OPTIONAL ADDITIONS:



sliced mushrooms



diced peppers



onions



cilantro



grilled diced chicken

SERVE WITH:



✓ sour cream



✓ avocado



✓ fresh tomato salsa

DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Lay out two tortillas on a baking sheet.
3. Scatter a layer of cheese on each tortilla.
4. Sprinkle any other fillings on top of the cheese.
5. Scatter the remaining cheese on top of the filling.
6. Lay the other tortillas on top and gently press down.
7. Ask a parent to put them in the oven for you.
8. Bake for about 10 minutes or until the cheese starts to melt.
9. Have a parent take them out of the oven and allow to cool.
10. Cut the tortillas into wedges and serve with your avocado, salsa and sour cream.

Kid Scoop Puzzler Double Double Word Search

What comes next?

Draw the food in each row that continues the pattern.









FAVORITE
TREASURE
ANCESTOR
KITCHEN
HISTORY
LONGEST
RECIPE
FAMILY
GIFTS
FOOD
DISH
COOK
EAT
AGE

Find the words by looking up, down, backwards, forwards, sideways and diagonally.

T Y H I E G A S T R
R R O K I T C H E N
E O R F Y O D C N L
A T T D L O I T Y O
S S H S O P S E L N
U I F F E O H T I G
R H K O O C A O M E
E D P L A E N T A S
E E T I R O V A F T

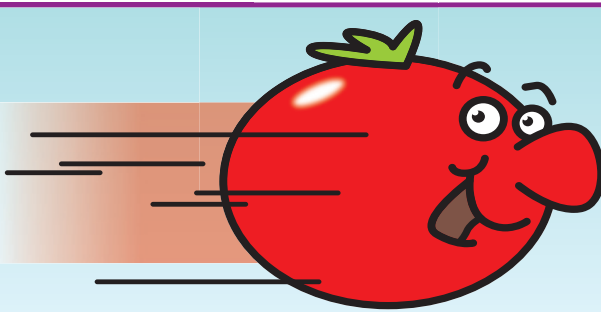
Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

FROM THE Kid Scoop LESSON LIBRARY

Party Budget

Look through the newspaper for the foods you would like to buy for a party with some friends. Figure out what it would cost to buy everything you want.

Standards Link: Research: Use the newspaper to locate information.



Why can't you ever run faster than a tomato?

ANSWER: They always ketchup.

Write On!

My Own Restaurant

Imagine that you opened your very own restaurant. What would you call it? What foods would be on the menu?



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