

Let's cook! Plan, Shop, Pack List: Flavored Water

Ingredients (pick a flavor)

- Watermelon Lime
 - o Watermelon (1 cup used in recipe)
 - o 1 lime
- Pineapple Grape
 - o 1 cup canned diced pineapple in juice
 - o Grapes (1 cup sliced used in recipe)
- Cucumber Lemon
 - o Cucumber (½ used in recipe)
 - o 1 lemon or lime
 - o 5 mint leaves
- Berry Kiwi
 - o 10 strawberries or blackberries
 - o 1 kiwi or orange

***Note: Tips for releasing flavors of the produce:**

Watermelon: Cut into small pieces (1 to 2 inches).

Citrus fruit (oranges, lemons, limes): Remove rinds, and slice into thin pieces.

Cucumber: Slice into thin pieces.

Mint: Tear leaves.

Grapes: Slice in half.

Berries: Remove top (strawberries only). Slice into small pieces.

Kiwi: Remove peel, and slice into thin pieces.

Prepare before class

- Wash the produce.
- Wash the tops of the canned fruit.
- Make the flavored water recipe that the participants chose in the last lesson. It needs to be made at least one hour in advance to allow the water time to take on the flavor of the fruit. Store in 2-quart spill-proof pitcher with a lid. Keep cold until served.
- Print copies of recipe (1 for each participant).

Disposable Supplies

- 3 ounce cups
- Napkins

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Educator: _____
Group Name: _____
of participants in group: _____ Date of lesson: _____
Notes: _____
