



The Canteen

Take a visit to the “Camp Canteen” (AKA your kitchen) to cook up fun twists on fruits and veggies. Even try growing some of your own greens in a DIY planter.

DIY Planters

✦ What you need ✦



Recycled cardboard box or empty pot



Plastic bag



Scissors & tape



Decorating materials



Soil



Seeds of your choice

✦ Making your planter ✦

1. Find a sturdy, small cardboard box. Cut off the top flaps and make sure the bottom seam is securely taped closed. You can also use an empty pot or planter if you have it—just skip to step 5!
2. Decorate the outside of your box with paint, stickers, markers, or even printed photos.
3. Line the inside with a plastic bag that fits to all four corners of the box. Tape the bag in place and cut any excess bag off.
4. Using scissors or a screwdriver, carefully poke a few holes through the bottom of the bag and box for drainage. If you're keeping your planter indoors, you can skip this part but be careful not to overwater!
5. Now, it's time to start planting! Fill your box with potting soil, leaving 1-2 inches at the top. Add the seeds of your choice—try easy-to-grow vegetables and herbs like basil, scallions, or radishes.
6. If you don't have seeds, you can also grow many fruits and veggies from food scraps, such as celery, green onion or romaine lettuce. Simply place the base of the plant with its roots attached in a bowl with an inch or so of water in the bottom and keep it on a windowsill for a few days, changing water each day. After about 4 days, you will notice new roots and leaves beginning to appear, and then it's ready to transfer to your planter.
7. Whether it's outside or on a windowsill, place your planter somewhere where it can soak up the sun and water when the soil feels dry to the touch.

✦ If you love this activity and want to make other upcycled planters, check out these guides from Whole Kids Foundation that show how to make planters out of a [plastic bottle](#) or [egg carton](#).

Fun with Fruits and Veggies

◆ “Eat The Rainbow” Challenge ◆



Rainbows brighten any day—not just in the sky, but on your kitchen table! Gather fruits and veggies in a variety of colors—try to get one for every color of the rainbow. You can also add white cauliflower or sliced banana “clouds” on either side. Arrange everything in the shape of a rainbow on a plate and enjoy. Don’t forget to snap a photo of your culinary artwork!

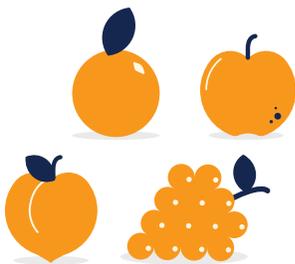
◆ Shift the Shapes of Your Produce ◆

Another creative way to make fruits and veggies exciting to eat is to turn them into fun shapes. Parents can begin by cutting the fruits and veggies of your choice horizontally into slices. Then, guide your kids as they use small cookie cutters to push through the fruit or veggies to give them a whole new look.



◆ Fruit Skewers with Yogurt Dip Recipe ◆

Try this fast and easy recipe for breakfast or snack time—it’s only 3 steps:



1. Choose your favorite fruits (berries, bananas, oranges, apples, pineapple, grapes, etc.) and cut them into equal-size chunks.

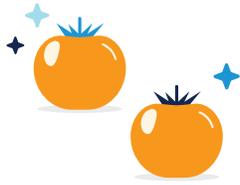


2. “Thread” your fruit chunks onto wooden skewers.



3. Dip your rainbow fruit skewers into nonfat vanilla yogurt. You can sweeten your yogurt by adding 1 teaspoon of honey.

Did You Know?



Is the tomato a fruit or vegetable? Well, it's both! Scientifically speaking, the tomato is a fruit, as it develops in the flower of the plant and contains its seeds. However, most of us consider the tomato a vegetable for its culinary purposes.



We get herbs and spices from plants, too. Herbs come from a plant's leaves, and spices are sourced from the bark, roots, flowers, and seeds of plants. Sometimes an herb and a spice can come from the same plant, like cilantro and coriander seeds.



Learn more about food and gardening with Alexa. Just say, "what are the health benefits of (insert any other food here!)" or ask, "what has more vitamin C, orange juice or oranges?"

Even More Fun



Spice up your canteen cooking session even more with fun food-related kid's songs on Amazon Music's [Cooking with the Kids](#) playlist.



To watch shows about cooking, tune into Prime Video and enjoy Amazon Originals [Just Add Magic](#) and its spinoff, [Just Add Magic: Mystery City](#).



Check out more recipes, gardening ideas, and fun activities at [Whole Kids Foundation](#).



For those who have an Amazon Device, Alexa can help you keep track of watering your plants by saying, "Alexa, remind me to water the plants at 9am tomorrow."