Get Up & Move!

Family Activity

Series 1: May

Celebrating Cinco de Mayo

This month you have learned about the importance of consuming water. Water is not only something that you can drink, but is found in many fruits, vegetables, dairy products and whole grains. The month of May is also special because it is when Mexicans in the U.S. celebrate Cinco de Mayo. The holiday celebrates the courage and strength of the Mexican troops when they fought against Mexican traitors and the French in 1862 and also is an appreciation of Mexican culture.

This month you and your family can participate in the celebration by making foods that are a traditional part of Cinco de Mayo and ones that happen to have high water content as well. You and your family might want to try to prepare some of the recipes below. The recipes are all fairly simple and show you that you can increase the amount of water you put into your body, even by eating the following celebratory foods!

Salsa:
- 1 tablespoon minced garlic
- 4 large tomatoes
- 2 bunches, chopped cilantro
- 2 large green onions
- 1 small green pepper
- 2-3 (more or less to taste) chopped jalapeno peppers
- 1/2 teaspoon dried oregano
- salt and pepper to taste

Using a food processor, puree 1 tomato and the garlic together. Add the other ingredients and process to a coarse chop. If not using a food processor, chop all ingredients and mix together. Serve the salsa as a relish, garnish, or dip for tortilla chips.

Mexican Style Mango Papaya Smoothie:
- 1 frozen banana (peel before freezing)
- 1 cup diced mango
- ½ cup papaya
- 1 cup milk
- 2 tablespoons honey

Place all ingredients in a blender and blend until smooth. Recipe serves 1.
**Watermelon Ice:**

- ½ small watermelon, peeled, seeded and cut into 1” chunks (about 6 cups)
- 3 tablespoons confectioner’s sugar
- 1 tablespoon lemon juice
- 1/4 teaspoon salt

In a covered blender at low speed blend 1 cup of the watermelon chunks with confectioner’s sugar, lemon juice and salt until smooth. Add the remaining watermelon and blend until smooth. Pour into a 9x9” baking pan; cover with foil or plastic wrap and freeze until partially frozen, about 2 hours. Spoon the watermelon mixture into a large, chilled bowl. With a mixer at high speed, beat until fluffy. Return mixture to baking pan and freeze until firm, about 1 ½ hours. To serve, remove pan from the freezer and let stand for 10 minutes at room temperature for easier scooping.

Source: (www.kiddyhouse.com; www.fabulousfoods.com)