A Closer Look:
This week we learned about diversity. We discussed how things can be very much alike, and yet very different, and then we looked at some cultures from around the world that are very different from our own. We used our scientific skills to observe, measure and record the height, weight, and waist circumference of fruits and vegetables from the same family to better understand diversity.

Diversify Your Diet:
If your usual fruit and vegetable selection gets rather boring at times, here are a few new ways to fruit and veg out!

• Try frozen grapes for a cool treat. Make sure to take the grapes off the stem, and wash and dry them, then put them in a bowl or bag and place them in the freezer.

• Instead of a peanut butter and jelly sandwich, try peanut butter with sliced bananas, sliced apples, raisins or shredded carrots.

• Chill out with a frozen fruit bar...make sure it is 100% fruit juice!

• Order a pineapple topped pizza, or get the veggie delight!

Eye Spy With My Own Two Eyes...
Hey 2nd Grade Scientists! We are all alike yet very different, but which three of us are the same? Circle us when you find us!

Did you know...
The Aborigines (Native People) of Australia call their native food “bush-tucks”. It includes game meat such as kangaroo, turkey, and goanna, which is a kind of lizard.

Bird’s Nest Soup is an Asian delicacy made from real bird’s nests.

Family Kitchen
Recipe of the Week
Hummus

INGREDIENTS:
1 15-ounce can chickpeas, undrained
1/4 cup tahini (sesame paste)
1 Tbsp lemon juice
2 to 4 cloves garlic
1/4 tsp salt
1/4 tsp ground red pepper (optional)

In a food processor, combine all ingredients. Cover and blend until smooth. Spoon into a serving bowl and serve with pita wedges or crisp bagel chips, and/or carrots and celery. Makes 6-8 side-dish servings.

Recipe from Better Homes and Gardens

Follow-up with your Child:
Take this time to talk with your child about how special they are in their own unique way. Then discuss with him/her what the world would be like if we were all exactly the same.