

CRACKIN' COCONUTS

*Is your family up for a fun challenge?
Try cracking open a coconut. Here's how:*

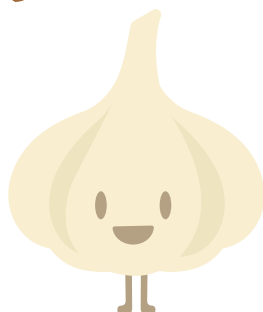
- 1 Start with a fresh, whole brown coconut.
- 2 Have an adult hold the coconut over a large bowl. The bowl will catch the coconut milk when it splits open.
- 3 Find the seam that runs between the “eyes” of the coconut. The eyes are the three little indents on one end of the coconut. Follow the seam to the center or equator of the coconut.
- 4 Using a hammer, tap firmly around the center as you rotate the coconut in the palm of your hand. Continue to tap and rotate until it splits open. After a few turns, the coconut will break open into two equal halves.
- 5 Have fun exploring how to get the meat out of the coconut. Then try it in different ways: shred it, toast it and try the milk.



Heating the coconut at 200°F or cooling it in the freezer for 15 minutes will make it easier to open.

FUN FLAVORS

There are many ways to add flavor to your favorite foods. **Can you name two brown and white veggies that add lots of flavor?**



Answer: Garlic and onions



JUMPING BEANS

YOU'LL NEED:

- 1 drinking glass
- 1 package of dry beans, any kind will work
- Water
- 1 metal cookie sheet or cake pan