



Welcome to the rad^odish e-kit!

.....

Each month, our members receive a thematic kit filled with culinary fun! Explore a typical recipe, activity, and more!

Sign up at raddishkids.com.
Get your first month FREE with the purchase of a 12 month membership (\$20 value).

Promo Code:

WELCOME

Intro Card

Made with Love

Cook tasty food for the ones you love!

Culinary Skills

- How to Fry an Egg
- Stovetop Safety Rules
- Making Sugar Cookies



Recipes

- I ♥ Breakfast
- Hearty Bolognese Sauce
- Sweetheart Cookies



Collectibles

- Set of Heart Cookie Cutters
- Table Talk Cards
- Iron-On Patch

← Explore what's inside your kit.

New iron-on patch every month!



Games and Activities

- "Healthy Heart Rate" Activity
- Decode the Secret Message

Shop

Grocery list on back!



Shopping List

I ♥ Breakfast



- 2 slices of toast
- 1 egg
- 1 slice of fruit
- 1 tsp butter

Hearty Bolognese Sauce



- 1 onion
- 2 carrots
- 2 stalks of celery
- 3 cloves of garlic
- 1 lb ground turkey
- 1 (28 oz) can crushed tomatoes
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 lb spaghetti
- Parmesan cheese

Sweetheart Cookies



- 1 cup butter (2 sticks)
- 1/2 cup sugar
- 1 egg
- 1/2 cup flour
- 1/2 tsp vanilla extract
- 1/2 cup powdered sugar

← Shopping List included.



From Your Pantry: You'll also need cooking oil, salt, and pepper.

Visit raddishkids.com for dietary substitutions.

Recipe Guide

Cook 3 recipes each month.

Hearty Bolognese Sauce

Prepare pasta with meat sauce for a family date night!



Prep Time: 15 minutes
Cook Time: 30 minutes
Yield: 8 servings



Culinary Skills & Kitchen Connections



Featured Culinary Skill



Stovetop Safety Rules

Learn and practice techniques for safely using the stove.

A stovetop is a flat surface with four burners used to cook food. The burners make heat by burning fuel or using electricity.

Stovetop Safety Tips

- Always assume that the stovetop, including all pots and pans, is hot.
- Keep your "elbows up" when stirring to prevent "lazy wrist" burns.
- Turn pot and pan handles to the back of the stove so you don't bump into them when walking by.
- Keep the stovetop clean and clear of utensils, dish towels, or other items that could catch fire. Always tie your hair back and avoid loose clothing.
- Keep a well-tested fire extinguisher and smoke detector in the kitchen. Never leave food unattended while cooking.



Skill Check: What types of dishes are made on the stovetop? The oven? How are these foods different?



Hungry for More?

Get our Bonus Bites at raddishkids.com!
Activities, recipes, videos, and more.



@raddishkids

#raddishkids



Sauces of Italy

Bolognese is one of many famous sauces created in Italy!
Find the origin of each sauce below.

Bolognese from Bologna, the capital of Emilia-Romagna. Meat sauce with onions, celery, carrot, and tomatoes.

Alfredo from Lazio. Creamy sauce with butter and Parmigiano-Reggiano cheese.

Marinara from Naples, the capital of Campania. Red sauce with tomatoes, garlic, onions, and basil.

Pesto from Genoa, the capital of Liguria. Green sauce with basil, garlic, oil, cheese, and pine nuts.



Family Date Night

Enjoy a family date night with the following after-dinner activities.

- host a dance or karaoke party
- play board games, cards, or puzzles
- camp-in by building a fort
- plan a scavenger hunt at home
- look at old family pictures
- craft or draw your family tree
- perform a puppet or talent show
- compete in a family food challenge for best ice cream sundae



Food for Thought: What do you enjoy most about spending time with your family? Why is this time together important?

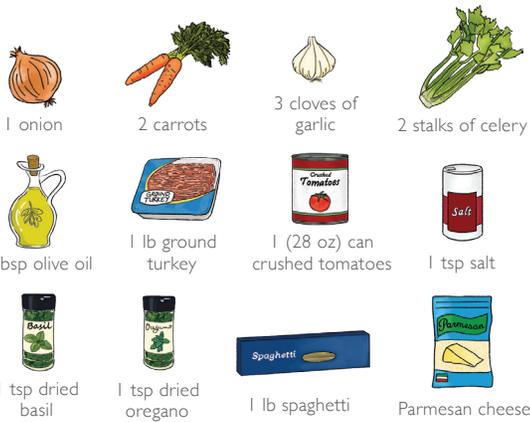
↑
Learn a culinary skill with every recipe.

↑
Explore geography, culture, history, science, and more!

Recipe guides are laminated (spill-proof!)

What You Need

Ingredients



Tools



Always wash your hands before cooking and make sure an adult is present. Visit raddishkids.com/pages/safety for all our guidelines.

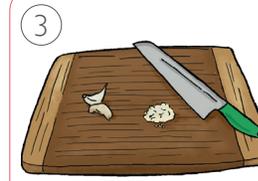
Steps



1 Cut onion in half, cut ends away, and peel. Cut onion into strips, then dice. Add to mixing bowl.



2 Grate carrots on large holes of a box grater. Add to onions.



3 Smash and peel garlic cloves. Mince and add to onions and carrots.



4 Cut celery into long strips and dice. Add to onions, carrots, and garlic.



5 Heat oil in pot over medium heat.



6 Add veggies to pot. Cook for 8-10 minutes, until softened, stirring occasionally.



7 Add ground turkey to pot. Use a wooden spoon to break turkey into small pieces.



8 Cook until ground turkey is no longer pink, about 5 minutes.



9 Add crushed tomatoes, salt, basil, and oregano to pot. Simmer for 10-15 minutes.



10 Meanwhile, bring pot of salted water to boil. Cook pasta according to package directions.



11 Drain pasta and return to pot.



12 Top plates of pasta with Bolognese sauce and Parmesan cheese. TASTE & SHARE!

All steps are illustrated.

Activity

Healthy Heart Rate

Discover how to measure and monitor your heart rate.
Learn about your pulse and how to find it.

What is a Pulse?

Circulation is the journey that blood makes around your body, collecting and delivering oxygen. Blood is pumped by the heart muscle as it expands and contracts. You can feel your heart beat, or *pulse*!



Taking Your Pulse

Place two fingers on the outer edge of your windpipe located on the front of your neck, under your chin. Wiggle your fingers until you feel a pulse thumping under your skin. How many times does it beat in 15 seconds?

Flip the card to find out how exercise affects your pulse and strengthens your heart! 



Table Talk

Table Talk



How did your parents meet?

How was your name chosen?

What is love?

↑
Start fun dinnertime conversations.

Heart Rate Experiment

Experiment with exercise to determine its impact on your heart rate.

Experiment: Your heart rate is the number times your heart beats per minute (bpm). Grab a partner and a timer! Record your heart rate after various activities below. Examine the results.

Activity	Number of Beats in 15 Seconds		Number of Beats per Minute (BPM)
standing (aka resting heart rate)		× 4 =	
after 30 jumping jacks		× 4 =	
30 seconds after jumping jacks		× 4 =	
1 minute after jumping jacks		× 4 =	

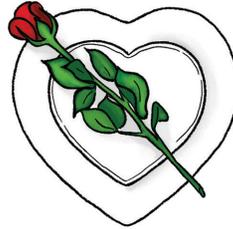
Results: What happened to your heart rate when you exercised? How long did it take to return to your resting heart rate?

The Science: When you exercise, your muscles need more oxygen. Aerobic (pronounced air-oh-bik) exercise gets your heart pumping faster, which will exercise and strengthen your heart. The more regularly you exercise, the shorter your recovery time, or the time it takes your pulse to return to normal.

Folder

SHARE THE LOVE OF COOKING!

Made with Love celebrates showing love through food! Cooking for others, sharing an experience, and eating together are powerful ways to give our attention, love, and care to those around us.



Cook-Along Questions

🌱 Name 4 ways to fry an egg. What is the difference between each variation?

🌱 What does "Food is Love" mean? How does cooking for others make you feel?

Tool of the Month: Heart Cookie Cutters



Used to cut shapes from cookie dough that has been rolled flat.



Press straight down onto chilled dough. Don't twist and keep your cutter dusted with flour for best results.

Explore the monthly theme inside.

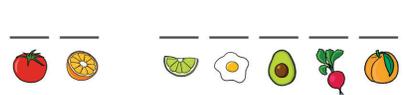
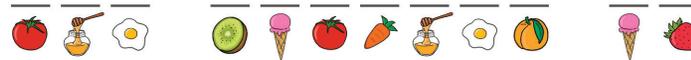
Explore your monthly tool.

Recipes and materials come packed in a folder.



Decode the Secret Message!

Each food represents a letter. Use the key to uncover the hidden phrase.



Key



Get started with a fun game on the back.