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Fare Game

As the Olympics begin this summer, bite into their birthplace—Greece—with a classic salad and some fun facts.

EDUCATION + ACTIVITIES

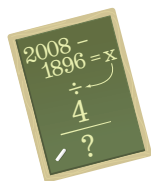
Social Studies & History:

The Olympic Games began on Mount Olympus in Greece in 776 B.C. This year's Summer Olympics kick off on August 8th in Beijing, China. Tune in to the games and track the progress of your favorite country or athlete.



Language Arts & Reading:

Early Greek literature revolved around the stories of gods and goddesses, myths and heroes. The Olympics began as a religious festival to pay tribute to the Greek gods Zeus and Hera. Children can learn about the first Olympic games in *Hours of the Olympics* by Mary Pope Osborne, and they can read up on Greek mythology with Heather Amery's *Greek Myths for Young Children*. Expose tweens to Homer's epic poem with *The Adventures of Odysseus* by Hugh Lupton and Daniel Morden.



Math: In 1896, the Olympics expanded to include international athletes. Since the Summer Games take place every four years, how many Olympics have been held since 1896?

Food: Traditionally, the principle ingredients in Greek food are olives, grapes, tomatoes, seafood, yogurt and cheese. Sweets, such as the delicate baklava, include ingredients like nuts and honey.

Geography: Situated between the Mediterranean, Ionian and Aegean seas, Greece is composed of beaches and mountainous landscapes, including over 2,000 islands. Athens is the capital.



Cricket Azima is a chef and children's cooking expert. She is the founder of The Creative Kitchen based in New York City, and author of the children's cookbook Everybody Eats Lunch.



GREEK SALAD

5 tomatoes	1 cup cubed feta cheese
1 seedless cucumber	1 tbsp. dried oregano
1 red onion	½ cup olive oil, or to taste
1 green or red pepper	¼ cup red wine vinegar, or to taste
1 cup Kalamata olives, seedless (or any black olive)	Salt and pepper, to taste
	Pita bread

PARENT: Cut tomatoes, cucumber, onion and pepper into large pieces so children can easily manage the size of the ingredients.

CHILD: Using plastic knives, cut tomatoes, cucumber, onion and pepper into a rough chop or dice. Place ingredients into a large bowl.

PARENT & CHILD: Measure and add olives and cubed feta cheese into bowl and mix.

PARENT & CHILD: Season salad with dried oregano, olive oil, red wine vinegar, salt and pepper. Stir to combine. Serve with pita bread.

SERVES 6 Per serving: calories 358, fat 26g, protein 8g, carbohydrate 28g, dietary fiber 5g