



SET THE TABLE TO ENJOY MEALS

When it's time for your family to gather to eat, setting the table can make the experience more enjoyable.

- 1. Cover the table.** To protect the table from spills and scratches, you can start by putting down a big tablecloth or placemats in front of each person's seat.
- 2. Know what's for dinner.** Before you set the table, ask an adult what's on the menu. Typically, you'll want to place a dinner plate in front of each chair. You may also need to add a soup bowl or salad plate on top of the plate.
- 3. Add glassware.** Place glasses at the top right of the plate. You can fill them up with water before the meal or set out a pitcher of water.
- 4. Place utensils.** Finally, add a napkin to the left of each plate. Place a fork on top. Put the knife on the other side of the plate, with the sharp side facing toward the plate. If spoons are needed, add them to the right of each knife.



FUN FACT
One coconut tree typically produces between 30 and 75 coconuts a year.

WARNING!
Ask an adult's permission before using the stove.

Make coconut rice pudding

Ingredients

- 2½ cups whole milk (or nondairy milk)
- 1 (14-ounce) can coconut milk, divided
- ¾ cup short-grain white rice, such as arborio or sushi rice
- ½ cup granulated sugar
- Pinch of fine sea salt
- 2 large egg yolks
- 2 teaspoons vanilla extract
- ¾ cup sweetened coconut flakes
- Ground cinnamon, for serving

Instructions

1. In a medium pot over high heat, stir together the milk, 1¼ cups of the coconut milk, rice, sugar, and salt. Bring to a simmer, and cook for 5 minutes.
2. Reduce the heat to medium-low and let the rice cook, uncovered, until it's very soft and the mixture has thickened, 35 to 45 minutes. Stir the rice every 5 to 10 minutes so it doesn't stick. While the rice is cooking, work on the next steps.
3. In a medium bowl, whisk the remaining ½ cup coconut milk with the egg yolks and vanilla. Set aside.
4. Make the topping: Heat a medium skillet over medium heat. Add the coconut flakes and cook, stirring often, until they're light brown and you can

- smell their toasty aroma, 2 to 5 minutes. Put the coconut flakes on a plate to cool.
5. Once the rice is done, remove the pot from the heat and stir the egg mixture into the hot pudding. (The heat will cook the yolks, so do this as soon as your rice is done cooking.)
 6. You can serve the rice pudding either warm or cold. When warm, it's soft and runny; after cooling, it firms up and turns more pudding-like. Scoop it into serving bowls and top each serving with some toasted coconut and a sprinkle of cinnamon. Makes 6 to 8 servings.

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ECO TIP OF THE WEEK KEEP YOUR DOG ON A LEASH

If you hike or walk in nature with your dog, it may be tempting to let your pup off its leash to explore. In many areas, there are signs asking people not to let their dog roam off the leash. One reason is that keeping dogs on a leash is better for the environment. Whether you're walking in the woods or on a beach or in a marshland, your dog is not a native species to that area. That means they can disturb the animals and plants that live there. The best option is to keep your pet on a leash except in areas that are specifically designated for dogs to run free. Whether your dog is leashed or not, remember to always pick up after your pet to keep outdoor spaces clean.



Many parks require dogs to stay on a leash.