



This hand-washing song will have you singing a new tune!

The **Young Voices of the Santa Fe Opera** are wishing Cooking with Kids a happy 25th with a very special hand-washing song! We hope you enjoy cleaning up with this time-honored tune from Georges Bizet's "Carmen" and these talented young performers.



Participants in the Young Voices program wrote and performed the song twice—with a version in English and a version in Spanish (so much better than singing "Happy Birthday" twice)! Cooking with Kids is impressed and honored to receive such a creative and operatic gift to engage our students, and we look forward to future joyful collaborations—but first, we wash our hands!

Spicing up the virtual classroom

Exploring new herbs and spices is a sure-fire way to spice things up during in-person classes. Smelling cinnamon is certain to get a round of "Mmms!", and a careful whiff of ground turmeric never fails to deliver a flurry of funny faces and excited chatter.



In the virtual world, engaging all the senses is more challenging. But there are so many ways to learn about food! For this unit, we're using herbs and spices as a way to learn about the parts of a plant and the parts of the world where many spices grow. This lesson engages young learners in a variety of ways, including an interactive journey along the Silk Road and a video scavenger hunt for herbs and spices that includes this kid-friendly Cooking with Kids how-to video (and a delicious recipe for [chermoula!](#))



**When kids are healthy and successful in school, everybody wins.
Thank you for being a part of the Cooking with Kids family!**

Donations Always Welcomed



Cooking with Kids educates and empowers children and families to make healthy food choices through hands-on learning with fresh, affordable foods.

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