



**Centipedes are gross. But they make lovable lunchtime dishes.**

Have you ever been attacked by a Hawaiian centipede? Those creepy crawlies are disgusting and should have never survived the ice age. They're aggressive, colorful for all the wrong reasons (nobody goes centipede watching for fun), and their stings hurt. If your children have nightmares about centipedes, you probably don't want to serve them this dish. However, if you have a brave, little tyke on your hands who's into nature, reads National Geographic for fun, boasts about his survival skills learned from Boy Scout camps, and loves everything to do with spiders, slugs, and ringworms, then he's going to love the idea of eating a centipede for lunch.

In the recipe, I've included instructions on how to make cucumber spirals, which you'll need to do in order to complete the centipede's body. Don't worry, it's not rocket science and anyone can do it.



### **Another ham and cheese sandwich idea**

A simple and fun treat any child will enjoy, this sandwich serves as a cheerful reminder that spider monkeys, woolly monkeys, and capuchin monkeys use their prehensile tails to swing from tree to tree. Baboons, on the other hand, only swing with their hands since they have non-prehensile tails.

Of course, monkeys don't have red lips, nor do they wear any sort of lipstick. But all-in-all, I think this sandwich is a great way to teach children about animals. For example, did you know black-headed spider monkeys are now highly endangered animals? We see them in zoos and they annoy us to no end at nature parks. But when certain monkey species are dying out due to human beings destroying tropical rainforests for profit, it makes us take a step back to reflect on the consequences of our actions and how the world will be without any greenery.



### **Is that you, Bugs Bunny?**

I love the idea behind this sandwich since it combines two of my favorite things: food and music! I can just imagine Mr. Bunny strumming on an old guitar while nibbling on a crunchy carrot as he lazes the day away at Grimmway Farms. For those who don't know, Grimmway is the largest producer of carrots in the USA. The farm is headquartered in Bakersfield, California, which is also the biggest carrot-producing state.

Using salami will add a dash of red to this sandwich and I like how the ingredient has been used as paddings for the rabbit's legs. Now, this doesn't mean you should skip on this dish if you don't have salami in your kitchen. You could always substitute with ketchup, strawberry jam, or even peanut butter to complete the idea of Mr. Bunny rolling about on a farm. (Hence his dirty, soiled, and brownish feet.)



**How many countries can you name from these flags?**

Here's a fantastic way to teach your children the flags of various countries over an enjoyable breakfast session. You can use these sandwiches to broach the topic of World War II, where every country here played a major role. Or you can use these flag sandwiches as inspiration for a fun activity to do with your children. It will be so much fun pouring over a "Flags of the World picture book" while re-creating flags through ingredients you already have in your pantry. No matter where your travels may take you, with a little creativity, any flag of any country can be created and made edible.

A short glance at the picture above will tell you we'll be making use of ingredients such as onions, tomatoes, peas, and corn. So, in order to make your sandwiches delicious,

remember to spice the chopped ingredients up with some salt and pepper. You can even toss them in olive oil for an extra burst of flavor.



### **Turtle-shaped salad**

Looking at this adorable turtle sprawled on a bed of leafy greens, I immediately think of newly-hatched turtles making their way across the sand and into the sea. While it's easy to just sit back and admire the aesthetics of this salad dish, why not take a few moments to also educate your children about the animal?

For example, a turtle's diet is mostly made up of vegetables such as algae. However, turtles aren't herbivores since they're known to eat insects and crustaceans too. Therefore, turtles are omnivores.

As your children partake in their meals, allow them to think about how turtles can no longer be easily found in the wild. Almost every turtle species is endangered and if they'd like to see a live one for themselves, a quick trip to the zoo sometime in the future may very well be in place.

Here's another fun fact: Did you know that turtles, apart from being omnivores, are also reptiles? That's right... turtles are reptiles but they're often wrongly thought to be amphibians.

Now, as much as I love animals, I'm not going to turn this page into a science lesson about turtles. Coming back to this turtle-shaped salad, you'll be pleased to know that it's so easy to make and can be put together in just a matter of minutes.