

THE COCONUT ACTIVITIES BOOKLET



DIY Coconut Ice-cream

This version of making coconut ice cream utilizes coconut milk and coconut sugar and equipment easily found in the kitchen such as ice, salt and a ziploc bag to create a creamy frozen delight.

DURATION: **30 minutes**

SERVES **1 person**

2 tbsps. coconut sugar
½ cup coconut milk
½ cup salt
1 cup crushed ice

EQUIPMENT

- Gallon Ziploc bag (1)
- Sandwich Ziploc bag (1)
- Measuring cup (1)
- Table spoon (1)

HOW-TO

1. Mix ½ cup coconut milk with 1-2 tbsp of coconut sugar in a small Ziploc bag.
2. Mix 1 cup of ice with ½ cup of salt in a gallon-size ziploc bag.
3. Place the small bag of milk into the gallon-size ziploc bag, then shake the bag to distribute the ice around the milk for 5-10 minutes.

Tips

You can add different flavors, toppings and sugars to your liking.

Coconut Oil Soap-making

Coconut oil soap-making is an interactive activity that utilizes the coconut oil and other essential oils to create different soaps of all shapes that leave your hands moisturized and clean.

DURATION: 30 minutes

SERVES 20 people

2 tbsps. coconut oil
500 g glycerin base
5-10 drops essential oil

EQUIPMENT

- Burner (1)
- Medium sized stainless steel bowl (1)
- Large spoon for stirring (1)
- Measuring spoon (1)
- Dropper (1)
- Soap molds with volume of roughly 200 cm cubed (20)
- Sheet of wax paper with dimensions of roughly 12x12 cm (20)

HOW-TO

1. Melt the glycerin base in a stainless steel bowl.
2. Mix the coconut oil into the solution and stir.
3. Add the essential oil while stirring.
4. Pour the solution into the mold and let sit for 10-15 minutes.
5. Once hardened, the coconut soap-making activity is complete.
6. Remove the soap from the mold and wrap the soap in wax paper for transportation purposes.

Tips

Butterfly-pea drink and other food coloring can be added to the soap mixture to create variety of colors

Coconut Mochi

A unique approach to traditional Thai desserts, coconut sugar mochi is made with coconut milk and coconut sugar to create a sweet dessert that could be made with a variety of fillings.

DURATION: **30 minutes**

SERVES 20 people

8 oz. glutinous rice flour
¼ cup coconut water
½ cup coconut sugar
1 ¼ cup butterfly pea coloring

Filling:

Dried bananas
Coconut meat

EQUIPMENT

- Burner (1)
- Metal pot (1)
- Stainless steel bowl (1)
- Stirring spoon (1)
- Flat metal baking sheet (1)

HOW-TO

1. Mix the flour, coconut water, and coconut sugar together in a bowl, stir until the mixture is sticky.
2. Take the mixture out of the pot and place onto a pan covered with a layer of flour. Spread a light layer of flour over the dough to make sure it does not stick to the pan..
3. Flatten the dough using the palm of your hand into the shape of a circle.
4. Take a small amount of filling and place it in the center of the dough.
5. Wrap and pinch the dough around filling.

Tips

Filling can be chosen based on the user's tastes, and can include red bean and various fruit past

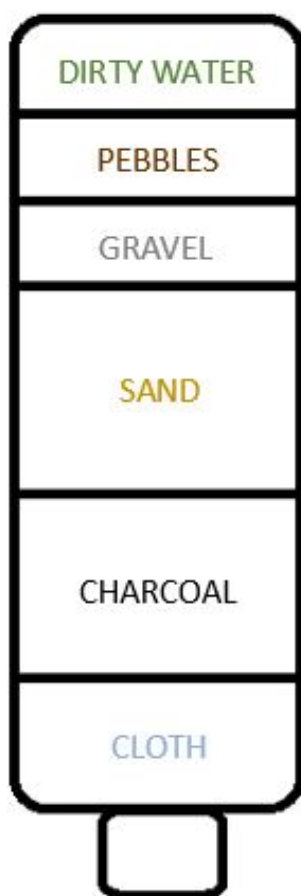
Coconut Shell Charcoal Filtration

This method of filtration uses grounded coconut charcoal to filter debris, other contaminants, and smells.

DURATION: 30 minutes

CREATES 1 filter (2-10 people)

1/3 cup grounded coconut charcoal
Cotton or filter cloth/paper
2/3 cup sand
1/4 cup gravel
1/4 cup pebbles
Empty water bottle (1)
Scissors (1)



HOW-TO

1. Cut the bottom of the bottle.
2. Flip the bottle over and place the cap into the bottom layer.
3. Place cloth in cap and ensure that nothing can fall through.
4. Fill ingredients based on the figure.
5. Pour dirty water at the top and watch the water filter.

Tips

We do not recommend drinking this water after filtration as it needs to be boiled and treated.

Coconut Shell Shoe Race

Description: This is a Thai traditional toy used by children made from the endocarp of the coconut shell, which is cut in halves and strung using a rope. Children are able to walk, run and compete with each other with this simple game.

DURATION: **15 minutes**

CREATES **1 pair** of coconut shell shoes

1 Empty halved pair of coconut shells
1 Rope

MAKE THE SHOES

1. Take the empty halves of the coconut shells and drill a hole through the top.
2. String one end of the rope through the top of one of the coconut shells and tie a knot and string the other end through the top of the other shell and tie a knot.

HOW-TO

PLAY THE GAME

1. Place the rope between the big toe and the index toe and stand on the top.
2. Pull on the side of the rope for each shoe to lift each foot to walk.
3. Orchestrate a fun relay race, where each team must complete a course first, switching runners at each intersection.

Tips

Offer prizes for the winners.

Coconut Shell Painting

Description: Coconut shell painting is not just for relaxation and enjoyment, but it can be used as home decoration and traditional bowl.

DURATION: **30 minutes**

CREATES **1 coconut shell painting**

1 Empty halved pair of coconut shells
Acrylic Paint

EQUIPMENT

- Paint brush (1)
- Cup for water (1)
- Color tray (1)
- Newspaper (1)

Tips

The instructor should be interactive with the youth

HOW-TO

1. Cover the table with newspaper to avoid spilling of colors on the table
2. Mix acrylic paint with water to make it less viscous and easier to apply colors on
3. If the paint brush is new, make sure to soak it with water for a while
4. Paint your own style of coconut shell

