Good news parents! There is a way to give kids a screen break without forgoing engaging and educational content. Podcasts, and in particular musical ones, offer a dynamic, attention-grabbing learning opportunity that by their very nature, incite a theatre in the minds of little listeners. Below are some hidden gems of musical podcasts that have the potential to teach and delight...

**DAVID WALLIAMS’ MARVELLOUS MUSICAL PODCAST**

David Walliams, the English comedian, author and children’s author and television presenter, is perfectly suited to host this utterly silly and sometimes through song through classic rock music history. Walliams definitely engages his audience with historical anecdotes, telling stories of the greats. Peter Lofts and Wolfgang Theodorus present the group with the help of costume pieces and quirky re-enactments from across the width of musical history. This 10-part programme manages to pack a joke into every lute without feeling forced, and provides a rare example of humour in a children’s program that tickles kids and adults alike.

**THE MUSIC PODCAST FOR KIDS!**

3 In this musical oasis of our world, we explore a different musical topic every episode. Whether he is tackling pop, jazz or the orchestra, or instruments like the trumpet and electric guitar, this podcast explores the history, mechanics and application of every musical topic imaginable. With a joke of the day submitted by listeners and silly antics between the hosts, this show balances information and entertainment.

**Kids Q The Music**

5 Should you name your instrument? How can you fake the baffle? How do you stop a performance from going sour? And how can you make instruments sound like animals? In this show, the much-admired duo. Rochelle and Zoe Lanec talk musical performances, compositors, conductors and young musicians all the right questions about classical music and their work performance. Whether they are asking conductor André Gagnon how he is actually doing when he waves his arms around in front of the orchestra, or composer Leon Kassell how he can tell if his work will sound good before it has been played, their interviews are always informal and the unique fun and curiosity of a premiere made for and by kids.

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**RECIPES**

**Healthy Beetroot Halwa**

If you have ever tried a beetroot before, you will love this recipe where instead of simply boiling, beating and to make a delicious halwa.

**INGREDIENTS**

- Beetroots (approximately 4) - 4 cups
- Sugar - 1 cup
- Cardamom powder - 1 tsp
- Finely chopped cashews - 1/4 cup
- Sesame seeds - 1 tsp
- Fennel seeds - 1 tsp
- Cardamom powder - 1 tsp
- Saffron - 1 tsp
- Rose water - 1 tsp
- Ghee - 1 tsp
- Cinnamon powder - 1 tsp
- Salt - 1 tsp

**HOW TO MAKE**

1. Wash and peel the beetroots. Boil them in water for about half an hour or until they are soft.
2. Drain the beetroots and grate them into a bowl.
3. Add sugar, ghee, cardamom powder, and a pinch of saffron to the grated beetroots.
4. Finely chop cashews and add to the mixture.
5. Mix everything well and cook for about 10-12 minutes.
6. Serve hot or cold, garnished with cashews and a sprinkle of dried rose petals.

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**MIDDLE BOOKWORMS!**

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**THE ICKABOG**

by J.K. Rowling

A fantasy novel that retells the legend of the Ickabog, a mythical creature that threatens the kingdom of Camelot.

**LITTLE LEADERS**

by A. Y. Johnson

The biographies of 40 African American women who made a difference.

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**THE ULTIMATE READING LIST FOR AGES 4 TO 12**

1. The Ickabog by J.K. Rowling
2. Little Leaders: Civil Rights Leaders by Doreen Rappaport
3. The Wonder by R.J. Palacio
4. The Substitute by Patrice Lawrence
5. The One and Only Ivan by Katherine Applegate
6. The Pikachu by C. S. Lewis
7. The Cat in the Hat by Dr. Seuss
8. The Magic Tree House by Mary Pope Osborne
9. The Polar Express by Chris Van Allsburg
10. The Berenstain Bears and the Trouble with Trust by Stan Berenstain

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**FIVE MUSIC PODCASTS FOR KIDS!**

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**FIND MORE RECIPES, PODCASTS AND BOOKS!**

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