



Nutrition Tidbits

- **How we drink our water matters! Beverages that are high in sugar or salt tend to have a dehydrating effect on our bodies, making us thirstier in the long run.**
- **Frozen fruits can be a good substitute for fresh when out of season. Since most fruits are quickly frozen just after harvest, their quality will be comparable to their fresh counterparts.**
- **Looking to fill up on fiber from your smoothies? Add a small amount (about 1 Tbsp) ground flax seeds or rolled oats before blending all ingredients.**



Kitchen Hacks

- **In order to get the most juice out of your citrus fruits, roll lemons, limes and oranges against a cutting board before cutting. This will help to break the juice sacs within the fruit, and make it easier to juice.**
- **Many tea bags can be utilized for a second infusion in water, though the flavor will be lighter than the first infusion.**



Juicy Chef Words

- **Hydration**: the act of replacing the water in our bodies that is used to support normal bodily function (e.g. muscle movement, normal blood pressure, temperature regulation via sweating, etc.)
- **Dehydration**: not having enough water in our bodies to support normal function
- **Infusion**: to steep an ingredient in a hot or acidic liquid, until the flavor of the ingredient has been extracted and absorbed into the liquid
- **Garnish**: a decoration added to a food or beverage to enhance its appearance or flavor



Kitchen Pharmacy.

- **Mint: helps reduce stomach cramping, increases alertness**
- **Honey: natural sweetener, has anti-bacterial activity**
- **Cinnamon and nutmeg: both help reduce inflammation**
- **Turmeric: helps reduce inflammation, has anti-bacterial and anti-viral activity**



As we reach the height of the summer season, it is important to make sure your body has enough water. The following episode will touch upon several ways to add flavor and nutrition to your beverages.

Be prepared to take a picture or a screenshot of the recipes at the end of the episode!



No matter the type, teas are a refreshing beverage. If desired, the previous two teas can be chilled after infusion, and served as an iced tea during hot days.

For a refreshing and healthier take on a classic summertime beverage, please enjoy the following demonstration of Strawberry-Mint Lemonade from Chef Anwar of Wellness in the Schools!



The Chefs, Coaches, and staff of Wellness in the Schools wish our audience at BronxNet a Happy Independence Day!

