



Nutrition Tidbits

- **Honey is made from bees, is a natural sweetener and contains Vitamin B and antioxidants.**
- **Strawberries are a great source of fiber and a great source of natural sugar.**
- **Blueberries have Vitamins A & C and antioxidants. These keep our immune system strong along with our eyes and skin!**
- **Bananas are high in potassium which keeps your muscles from cramping and balances the fluid in our bodies.**
- **Natural fruit and smoothies are great sources of water for our bodies too. They keep us nice and hydrated and energized!**



Kitchen Hacks

- **If your bananas begin to turn brown, that's okay! You can freeze them to add to your smoothies or make banana bread!**
- **Clean as you go to keep your area clean, sanitary, and to keep everything organized.**
- **You can add yogurt or avocado to your smoothie to make it extra creamy.**
- **Making smoothies and meals at home allows you to know exactly what goes into your food!**
- **Use a reusable straw to de-stem strawberries while keeping the strawberry whole!**



Juicy Chef Words

- **Bear Claw**: A chef skill where one curls up the fingers of the hand they are using to hold onto an ingredient they are cutting.
- **Blend**: when you mix one thing with another to combine them together.
- **In Season**: when a food is being grown and is fresh at that specific time.
- **To Taste**: when you season something to your personal liking. This includes adding spices, salt, or sweetness.
- **Eating the Rainbow**: when you eat fruits and vegetables from each color of the rainbow and get a variety of important vitamins and nutrients.
- **Antioxidants**: vitamins that remove potentially damaging oxidizing agents in our bodies.
- **Muddling**: the action of mashing fruit or vegetables to release their flavors to add to a drink.
- **Infused**: to soak (tea, herbs, or fruit) in liquid to extract the flavor or healing properties.
- **Hulling**: remove the hulls or stems from fruit, seeds, or grain.
- **Cold Brew**: chilled tea made from tea leaves that have been steeped in room-temperature or cold water for several hours or overnight.