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!
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.