

SPILLIN' BEANS

BEYOND THE CLASSROOM.AROUND THE TABLE.

INSPIRING HEALTHY EATERS & REDEFINING KID FOOD!

THE FOOD EXPLORER FEATURE

The Bite-Sized Lesson:

Butternut Benefits

Butternut squash is a fall superstar! It's packed with vitamin A, which keeps your eyes healthy so you can observe the world around you! Vitamin C helps your skin heal from bumps & scrapes, and even protects you from getting sick. Butternut squash also contains fiber to keep your gut happy and help you stay full longer. Potassium is an added bonus to help your muscles move so you can continue to run, jump, and play!

Dinner Table Trivia: Vitamin A gives your eyes the ability to see in the dark! Talk about a nutrition superpower!

KTK COMMUNITY CORNER: FRESH FACES & NEW PLACES

Welcome New Team Members:

Welcome to Arianna, Loduvina, Ali, Francesca, Maryellen, Mamata, and Ben!

Tales from the Kitchen: One class started with "I can't do this—it's too hard!" and ended with those same kids proudly doing it themselves. Not another "I can't" was heard.

In another class, rainbow Swiss chard stole the show—the kids were fascinated by its colorful stems and leaves and full of questions about why it looked the way it did.



THE KITCHEN HACK

This Month's Tip: Outsmarting The Onion

Say goodbye to the dreaded onion tears! Chilling an onion in the fridge for 30 minutes before you chop can slow the release of propanetriol S-oxide, the compound in onions responsible for eye irritation.

TESTED, TASTED & APPROVED!

Featured Recipe:

Nacho Gazpacho for the win so far this school year!

Why Kids love It:

Cold soup sounded like crazy talk to the kids—but the blend of fresh tomatoes and warm seasonings won them over.

Recipe included below

KEEP IN TOUCH

Join us on our mission! <https://kidstestkitchen.com/join-the-team/>

Follow our Cooking Adventures:  



GLOBAL BITES

Passport To Flavor: Elote

Elote (pronounced "eh-LOH-teh") is a street corn dish originating from Mexico. The corn is grilled or boiled, then coated with a creamy layer of mayonnaise, cotija cheese, chili powder, and finished with a squeeze of fresh lime juice. Traditionally, elote is served on a wooden stick, often fresh from food carts or markets.

FARM TO FORK

The Journey of Your Food: Apples

How It's Grown: Apples grow on trees and start their journey as blossoms in the spring. As bees pollinate the blossoms, apples start to grow! Throughout the summer, they soak up sunshine, water, and nutrients until they're ripe!

How It's Harvested: Around early autumn, apples become ready to be picked! Many orchards offer pick your own services, where ripe apples easily come off the branch with a gentle twist. Apples are often enjoyed fresh as a crunchy snack, sliced with nut butter, or baked into yummy fall treats!



CHEF DICTIONARY

Featured Vocabulary: Sauté

This cooking method quickly cooks food in a small amount of oil over high heat, while stirring continuously. Sautéing helps foods like vegetables, meats, and grains become softer, more flavorful, and golden in color.

EATING WITH IMPACT

Take Action: Reuse & Recreate

Instead of throwing away extra food, try giving it a new purpose! Extra vegetables can become a tasty soup, cooked chicken can be added to tacos or salads, and leftover rice can be revamped into stir-fry. Get creative to help reduce food waste!

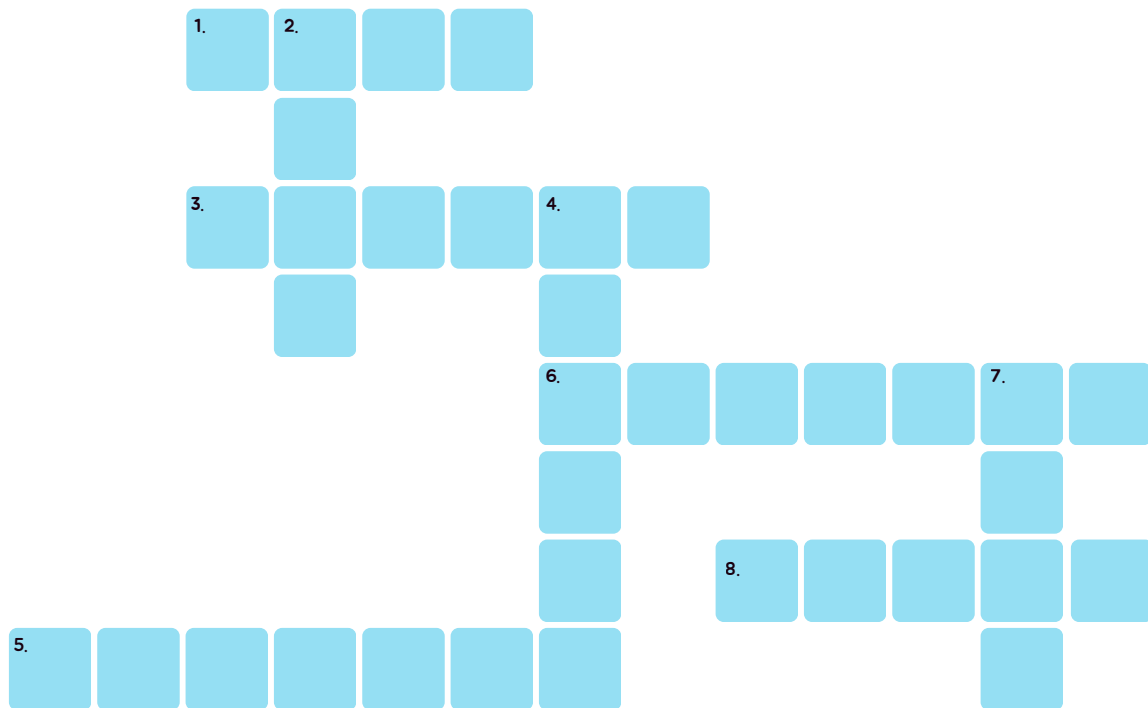
ACTIVITY CENTER

Let's keep the fun going! Access this month's printable activity on the next page!



CROSS WORD PUZZLE

USE THE CLUES TO FILL IN THE CROSSWORD. YOU CAN USE THE WORD BANK BELOW TO HELP YOU! HAVE FUN AND SEE IF YOU CAN SOLVE THEM ALL!



HORIZONTAL

- 1) THIS WHITE DRINK IS RICH IN CALCIUM, WHICH KEEPS OUR BONES STRONG
- 3) THIS CITRUS FRUIT IS RICH IN VITAMIN C TO SUPPORT IMMUNE HEALTH
- 5) THIS KITCHEN TOOL MIXES SMOOTHIES
- 8) SOMETHING YOU EAT WHEN YOU ARE HUNGRY BETWEEN MEALS TO GIVE YOUR BODY ENERGY

VERTICAL

- 2) THIS MINERAL HELPS CARRY OXYGEN ALL OVER YOUR BODY
- 4) THIS KITCHEN TOOL HAS MANY HOLES AND IS USED TO SHRED VEGETABLES OR CHEESE
- 6) THIS CREAMY GREEN FRUIT IS FULL OF HEALTHY FATS THAT GIVE YOUR BODY LASTING ENERGY AND HELP KEEP YOUR HEART HEALTHY.
- 7) THIS COOKING TERM INVOLVES CUTTING FOOD INTO SMALL CUBES

WORD BANK

IRON, ORANGE, DICE, GRATER, SNACK, BLENDER, AVOCADO