Kids' Test Kitchen
redefine kid food

PROUD MEMBER eat right. Academy of Nutrition and Dietetics

NOVEMBER, 2026

SPILLIN' BEANS

BEYOND THE CLASSROOM.AROUND THE TABLE.

INSPIRING HEALTHY EATERS & REDEFINING KID FOOD!

THE FOOD EXPLORER FEATURE

The Bite-Sized Lesson:
Protein Power

Think of protein as your body's very own construction crew! When you eat protein, your body breaks it down into tiny building blocks called amino acids. These building blocks help grow strong muscles, build healthy bones, and even help heal bruises and scrapes. As an added bonus, protein digests slowly, helping you stay full and energized throughout the day!

Dinner Table Trivia: Eggs are considered a complete protein! They contain all the building blocks your body needs to grow and stay strong!

KTK COMMUNITY CORNER: FRESH FACES & NEW PLACES

Welcome New Partners: An enthusiastic shoutout to Bolton Parks & Recreation (MA) for joining the KTK family last month!

New Facilitators: Welcome to Fran, John, Jessica, Heather, Jerrica, Traci, and Sue, our newest Facilitators!

Tales from the Kitchen:

While discovering how cranberries and lemon complement each other, Emma offered this delightful observation:

"It's like making two unknown people meet and they become best friends for life."



THE KITCHEN HACK

This Month's Tip: Handy Portion Guide

The hand can be used to estimate portion sizes!

- A closed fist = 1 cup of yogurt, fruit, or cooked veggies
- An open palm = 3 oz meat or fish
- The tip of your thumb = 1 tsp oil or butter
- A cupped hand = ½ cup cooked rice or pasta

TESTED,TASTED & APPROVED!

Featured Recipe:

Greens n' Things with Chicken Sausage & Angel hair

Why Kids love It:

They loved eating it! Exploring rainbow chard was fun, and the fact that the pasta turns pink was a delightful bonus!

Recipe included below.

KEEP IN TOUCH Follow our Cooking Adventures:

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GLOBAL BITES

Passport To Flavor: Sushi

Sushi (pronounced " SOO-she") is a traditional Japanese dish made with vinegared rice, often paired with ingredients like cooked or raw seafood, vegetables, and imitation crab. The ingredients are rolled in a sheet of seaweed and sliced into pinwheels. Sushi is commonly served with soy sauce, wasabi, and pickled ginger for extra flavor!

FARM TO FORK

The Journey of Your Food: Pomegranetes

How It's Grown: Pomegranates grow on small bushes that are planted in the spring. They need hot, dry weather with lots of sunlight to flourish. Throughout the summer, the bushes develop small red flowers that will mature into red, round, seed filled fruits!

How It's Harvested: After about 5-7 months, farmers can pick the pomegranates by hand. Inside each pomegranate are hundreds of juicy seeds that can be enjoyed on their own, sprinkled on yogurt, or added to salads!



CHEF DICTIONARY

Featured Vocabulary: Mince

This cooking technique involves chopping ingredients into teeny-tiny pieces. Foods like garlic, onions, and herbs are often minced so their flavors can scatter evenly throughout a recipe, adding flavor to every bite!

EATING WITH IMPACT

Take Action: Going With The Grain

Whole grains often require less processing than refined grains, which reduces energy use & greenhouse gasses during food production. They also require less water and land to grow than other crops, helping our planet support generations to come!

ACTIVITY CENTER

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

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EAT THE RAINBOW CHALLENGE

EATING A COLORFUL VARIETY OF FOODS GIVES YOUR BODY DIFFERENT VITAMINS AND NUTRIENTS THAT HELP YOU GROW, PLAY, AND STAY HEALTHY! CAN YOU EAT ALL THE COLORS OF THE RAINBOW THIS WEEK? EACH TIME YOU EAT A COLORFUL FRUIT OR VEGETABLE, DRAW IT IN A LABELED BOX BELOW. TRY TO FILL EVERY COLOR BEFORE THE WEEK IS OVER!

RED

ORANGE

YELLOW

GREEN

BLUE

PURPLE