



kids kitchen inc

May 29, 2020

Hello “KIDS KITCHEN” Friends and Family!

Welcome to the “at home” edition of Kids Kitchen: Food, Fitness, Fun! Join with us as we connect, engage and share food and fitness activities to eat, think and be active at home for youth and families that promote health and wellness.

We are happy to offer your Excel Beyond the Bell (EBB) program in an online format. We encourage you to experience and enjoy these activities that have been planned for you. There are a variety of activities to explore each day of the week. Stay well, healthy and safe!

This week’s activities:

“WELCOME TO THE MYPLATE KITCHEN”

LET’S COOK!

CHICKEN SALAD

Ingredients:

2 1/2 cup chicken breast (cooked, diced)

1/2 cup celery (chopped)

1/4 cup onion (chopped)

3 package pickle relish (2/3 tablespoon)

1/2 cup mayonnaise (light)

Directions:

- 1. Combine all ingredients.**
- 2. Refrigerate until ready to serve.**
- 3. Use within 1-2 days. Chicken salad does not freeze well.**

How to use:

- 1. Make chicken salad sandwiches.**
- 2. Make a pasta salad by mixing with 2 cups cooked pasta.**
- 3. Kids will love this salad served in a tomato or a cucumber boat.**

LET’S EAT!

Healthy Chicken Wrap Sandwich

<https://bit.ly/2WeAkEg>

Frozen Fruit Cup

<https://bit.ly/2YMvi3y>

LET’S PLAY!

“Strength Training Exercises”

<https://go.nasa.gov/2Lf5pkU>