

TRY IT TUESDAY: PINEAPPLE



Every Tuesday, we challenge you to try a new food! For each new food, there are three different activity levels. Each level gets harder as you go; Cook, Sous Chef, and Head Chef.

Health Benefits of Pineapple:

- Rich in vitamin C and manganese.
- Contains disease-fighting antioxidants.
- Can aid digestion.
- High in fiber.
- Promotes tissue healing.
- Fights inflammation.



Cook Challenge:

- Try pineapple (fresh, frozen, or canned). Brainstorm ways you could include pineapple in your diet.



Sous Chef Challenge:

- Visit chefs4.org/recipes and choose one of our recipes featuring pineapple. Make the recipe at home and enjoy with your family!
 - Fruit Salad
 - Pineapple Coconut Parfait
 - Tropical Green Smoothie

Head Chef Challenge:

- Create your own recipe using pineapple!

