



Kira's Favorite Chestnut Cookies

"November is the perfect harvest season for chestnuts. Let's make a chestnut sweet treat for Thanksgiving!"
- Kira

Dry Ingredients:

- 1 cup chestnuts, roasted and peeled
- ¼ cup all-purpose flour
- 6 Tbsp. sugar
- ½ tsp. baking soda

Wet Ingredients:

- 6 Tbsp. butter, melted
- 1 large egg
- 1 tsp. vanilla extract
- 3 oz. dark chocolate chips

Directions:

1. Preheat oven to 350°F.
2. Grind chestnuts in a food processor.
3. Combine all dry ingredients in a large bowl.
4. Blend all wet ingredients in a separate bowl. Pour this mixture into the dry ingredients and mix well.
5. Scoop out cookie dough and flatten each cookie on the baking sheet.
6. Bake for 10-12 minutes until they turn golden brown.
7. Enjoy when cookies cool down!



Don't Want to Exercise Alone? Join Jessie!

Here are some activities Jessie is going to do with family and friends this month. Check off each one you want to do too!

- ☐ Take a walk after dinner for 20 minutes three times a week. It doesn't have to be a rigorous one – a stroll around your neighborhood is perfectly fine.
- ☐ Turn TV commercial breaks into exercise time. Get off the couch, stretch your body, and do 10 jumping jacks.
- ☐ Bike with your family or friends for 20 minutes twice a week. Join a bicycle tour to explore the beautiful countryside if possible. (Don't forget your helmet!)
- ☐ Try 2 jump rope games with your friends this week. Jumping improves your muscle strength and heart function.

Andy's Drawing me!

Andy loves **orange foods** because they give him energy and strength. Did you know 79% of Americans don't eat enough orange foods? Write down or draw your favorite orange fruits and vegetables you will eat this week.

Fruits

Vegetables



The Super Crew's Farm Field Trip

This November, the Super Crew is going on a farm visit to explore how certain foods are grown. Do you know where the following fall fruits and vegetables grow? If you need help, look up the answers online with an adult.

On the trees and plants

Bananas

Cranberries

Carrots

Apples

On the ground

Beets

Mangos

Under the ground

Bean sprouts

Turnips

Cabbage

Kale

In the water

Pears

Onions

Answer Key:
On the trees and plants: apples, pears, bananas, mangos; on the ground: cabbage, kale; under the ground: carrots, beets, turnips, onions; in the water: bean sprouts, onions, cranberries.