

the CRUNCH Club

OPAA! Food Management Club

VOL 8

Tastebud Tangle!

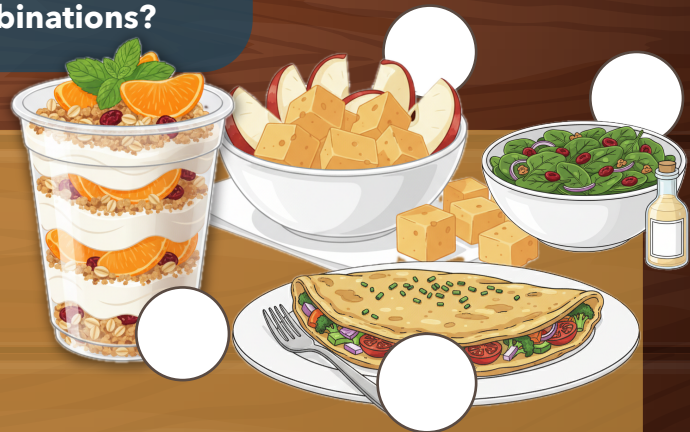
Crazy Combos That Are Surprisingly Delicious

Have you ever tried pineapple on pizza? What about dipping carrots into peanut butter? For some individuals these flavors surprisingly taste good. **BUT WHY?** Food tastes best when sweet, salty, and tangy are combined with crunchy, chewy and creamy textures. This balance of sensations excites our taste buds and makes food fun to eat.

What are some of your favorite funny but tasty food combinations?



Match the pictures of the fun food pairing to their description:



- A "A creamy, smooth dairy food you eat with a spoon, mixed with pieces of an orange fruit that's super sweet."
- B "A crunchy, juicy circle fruit cut into slices, topped with a melty, orange square of yum."
- C "Crunchy and salty bites combined with bright red dried fruit; all tossed together with green leaves."
- D "A fluffy breakfast food, soft and yellow, mixed with yummy little tender veggie pieces."

LET'S GO ON A FLAVOR HUNT!

Trying new foods and mixing things up keeps meals fun and exciting! When you taste new ingredients and flavors, it's like going on a food treasure hunt. You also get better at cooking and learn about foods and what others eat all over the world.

THE GREAT MANGO TREASURE HUNT!

Mango Smoothie (*Indian Mango Lassi*)

Makes 4 Smoothies

Your Treasure Map (Ingredients):

- 1 cup of milk
- 1 cup of plain or vanilla yogurt
- 2 cups of frozen mango chunks

Finding the Treasure (Directions):

Toss it in! Put the milk, yogurt, and mango chunks into the blender.

Start low! Blend on low for just 10 seconds (Count to 10!) Go high! Turn the blender up to high for 30 seconds. Stir it up! Use a spoon to push down any chunks stuck on the sides. Blend again! Cover and blend for another 30 seconds. Find your treasure! Pour into glasses and enjoy your delicious Mango Lassi!



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The logo for OPAA! is a red apple with a green leaf. A banner across the middle of the apple reads "OPAA!" in white capital letters. Below the banner, in smaller text, it says "PINEAPPLE" and "HAWAIIAN".A silver fork is positioned vertically on the right side of the image, with its tines pointing upwards.

The Perfect Match Food Quest!

Crazy combos that are surprising
Delicious tune in this week for
Crunch club vol 8!



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