

Food News

FOR KIDS

BY AUDREY MORGAN

Kids can grow an appetite for veggies.

In a recent study, kids who participated in a vegetable gardening program ate half a serving more of veggies every day than they did before the program.

SOURCE: THE UNIVERSITY OF TEXAS AT AUSTIN



Your peanut butter pick might say something about you.

Jif polled peanut butter eaters and found that fans of the crunchy kind were more likely to describe themselves as optimists, night owls and extroverts than those who prefer creamy. But all personalities agreed on one thing: grape jelly over strawberry!



This teen's lemonade biz is booming.

When 16-year-old Mikaila Ulmer was 4, she was stung by a bee twice in one week. But she didn't hold a grudge: She learned that bees are good for the ecosystem, and she started selling a honey lemonade to help save them. Mikaila and her business have both grown up—you can now find Me & the Bees Lemonade at Target cafés nationwide!



A new ABC book is made for mini chefs.

The Legends Alphabet book series has introduced kids to all sorts of celebrities, and this new release features 26 stars from the food world, including Edna Lewis and Julia Child. \$20; alphabetlegends.com



This isn't your typical kids' meal!

This supper club is just for kids.

Young diners in Chicago are nabbing some of the hottest reservations in town: Little Diner's Crew teams up with restaurants like Cebu and RPM Seafood to introduce kids to meals that aren't usually on a children's menu (like Dover sole fish and chips). Founders Alayna and D.C. Crenshaw (below, left) plan to expand to more cities, including Los Angeles and Aspen, CO. littledinerscrew.com



VEGETABLES: GETTY IMAGES. PEANUT BUTTER: STEVE GIRALT.