

Happy Thanksgiving everyone! Here are some fun activities and three delicious sounding holiday themed recipes from Chef Scott!

# 5 Fun Facts about Thanksgiving

Thanksgiving is a day full of family and friends, food, gratitude and timeless traditions. Here are a few fun facts to share while the feast is cooking.



## 1. The Pilgrims may not have celebrated the first Thanksgiving in America

For the Pilgrims and Wampanoag Native Americans, "Thanksgiving" was a **three-day feast** and time of prayer that likely took place in early October of 1621. However, some research has shown that the first Thanksgiving in America may have occurred in Virginia as early as 1619.<sup>1</sup> Regardless of who was first, it's clear the settlers were thankful for the food they were able to harvest and share.

## 2. A math mistake pays off

The first TV dinners were created because of a **26-ton miscalculation of frozen turkeys** by the food company, Swanson. The company turned the mistake into a new product opportunity by slicing and packaging the excess turkey and adding side dishes for mass consumption. It's a fix that continues to pay off today.<sup>2</sup>

## 3. Football has been a time-honored tradition

Although the first Thanksgiving football game occurred in the **mid-1870s** between Princeton and Yale, the first broadcasted NFL game didn't occur until 1934 when the Detroit Lions played the Chicago Bears.<sup>3</sup> These days, three NFL games are played on Thanksgiving Day. Typically, the home teams for two of the games are the Detroit Lions and the Dallas Cowboys.

## 4. Elephants, bears and monkeys... oh, my!

The Macy's Thanksgiving Day Parade has become the largest parade in the world. Millions of people tune in early on Thanksgiving morning to watch the floats and timeless character balloons for which the parade has become known. In addition to the floats and marching bands we see today, the first Macy's Thanksgiving Day Parade in 1924 also **featured live animals**, including elephants, bears and monkeys borrowed from the Central Park Zoo.<sup>3</sup>

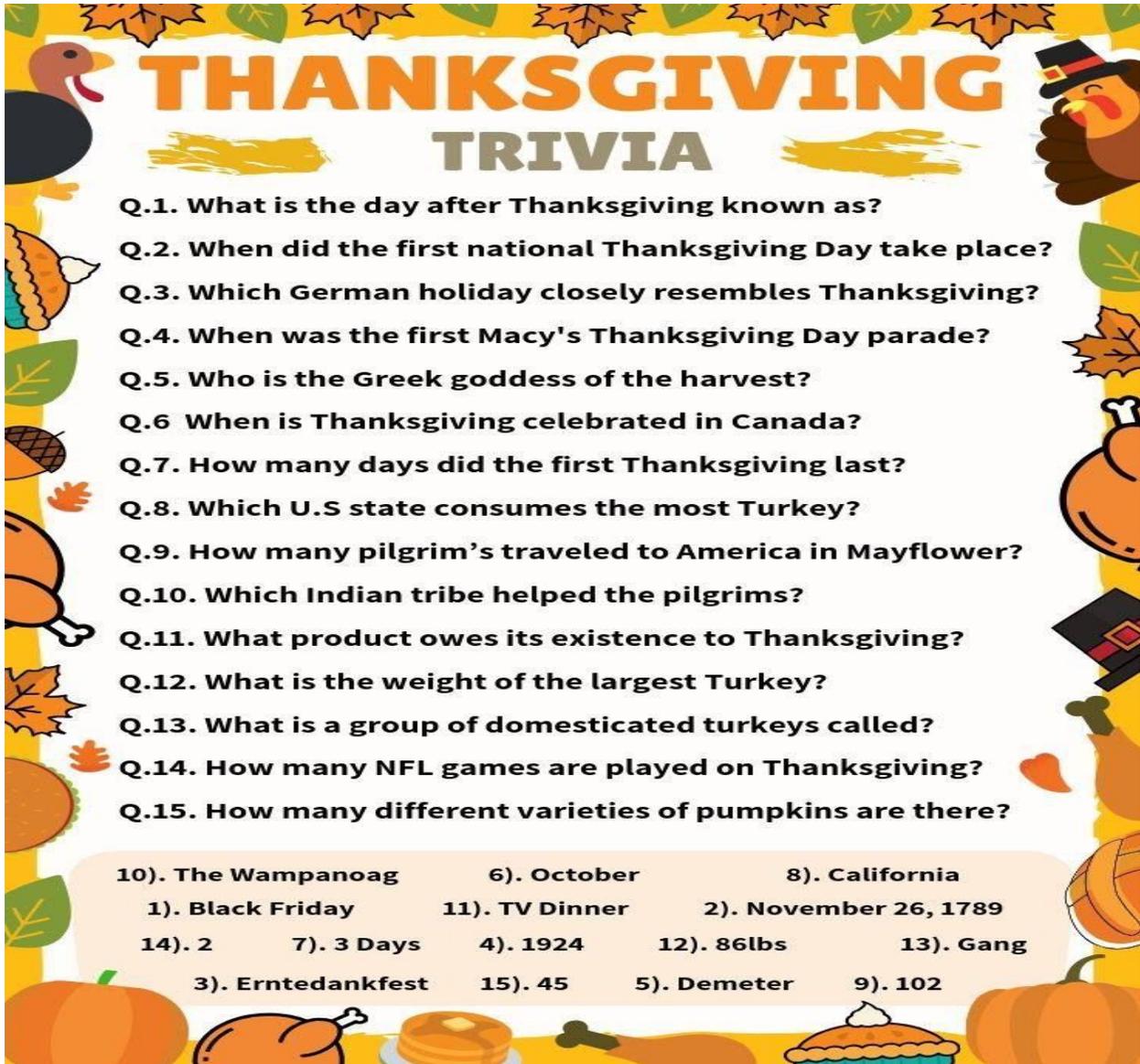
## 5. Watch out for flying turkeys

Although domesticated turkeys are unable to fly due to their broader bodies, **wild turkeys can**, at least for short distances, fly up to 55 miles per hour.<sup>4</sup> They can also run on land and may reach speeds up to 25 miles per hour.<sup>4</sup>

Sources: 1. Time Magazine  
2. CNN  
3. NYC Tourist  
4. Reference.com

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# THANKSGIVING TRIVIA

- Q.1. What is the day after Thanksgiving known as?
- Q.2. When did the first national Thanksgiving Day take place?
- Q.3. Which German holiday closely resembles Thanksgiving?
- Q.4. When was the first Macy's Thanksgiving Day parade?
- Q.5. Who is the Greek goddess of the harvest?
- Q.6. When is Thanksgiving celebrated in Canada?
- Q.7. How many days did the first Thanksgiving last?
- Q.8. Which U.S state consumes the most Turkey?
- Q.9. How many pilgrim's traveled to America in Mayflower?
- Q.10. Which Indian tribe helped the pilgrims?
- Q.11. What product owes its existence to Thanksgiving?
- Q.12. What is the weight of the largest Turkey?
- Q.13. What is a group of domesticated turkeys called?
- Q.14. How many NFL games are played on Thanksgiving?
- Q.15. How many different varieties of pumpkins are there?

- |                    |                |                       |            |           |
|--------------------|----------------|-----------------------|------------|-----------|
| 10). The Wampanoag | 6). October    | 8). California        |            |           |
| 1). Black Friday   | 11). TV Dinner | 2). November 26, 1789 |            |           |
| 14). 2             | 7). 3 Days     | 4). 1924              | 12). 86lbs | 13). Gang |
| 3). Erntedankfest  | 15). 45        | 5). Demeter           | 9). 102    |           |

*Happy*



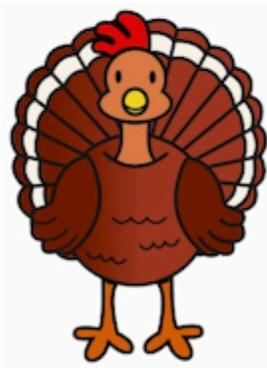
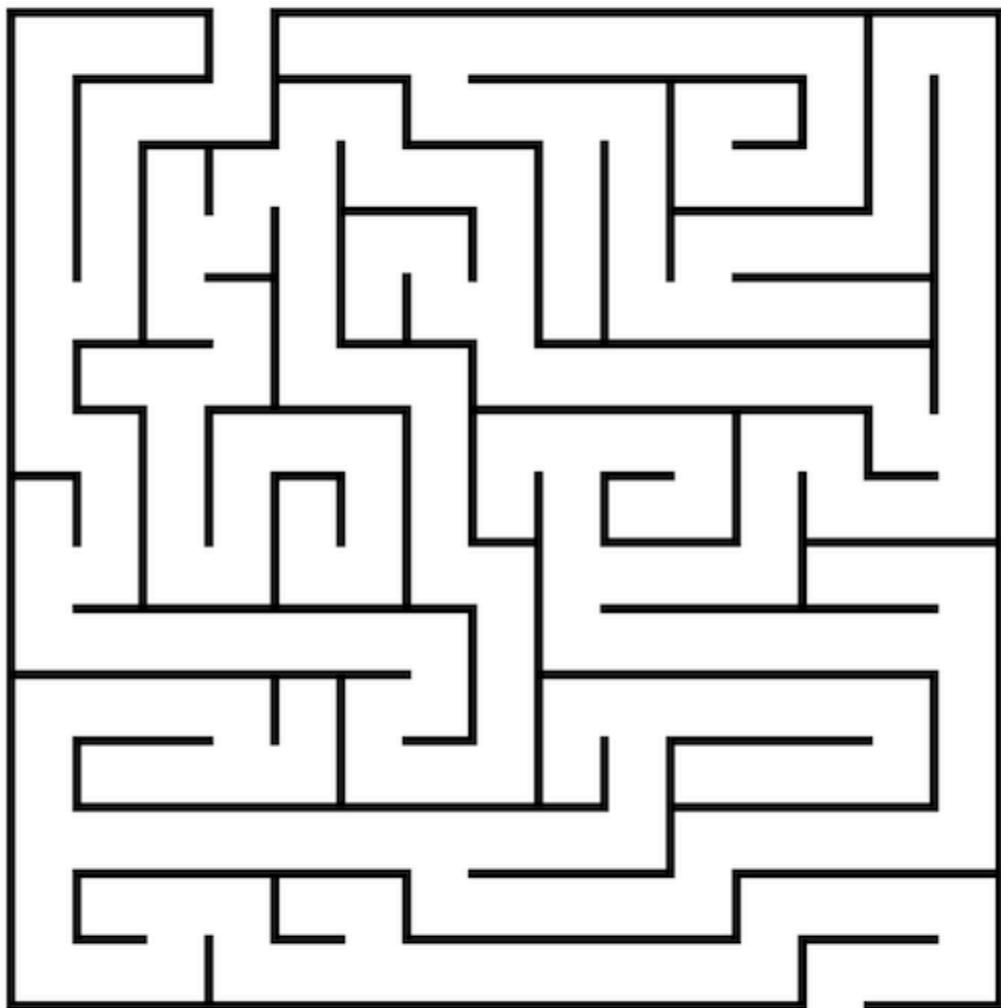
THANKSGIVING





# Thanksgiving Maze

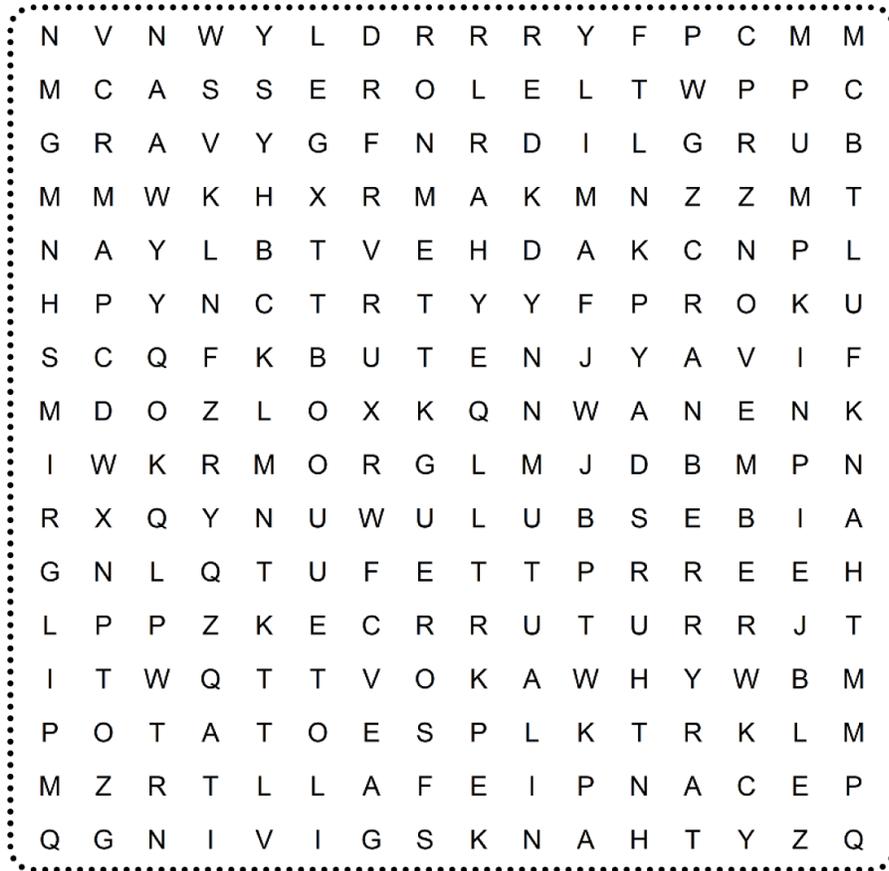
Can you help the pilgrim find his way to the turkey?





# Thanksgiving

## WORD SEARCH



- |            |           |          |              |
|------------|-----------|----------|--------------|
| AUTUMN     | FALL      | NOVEMBER | PUMPKINPIE   |
| BREAD      | FAMILY    | PECANPIE | THANKFUL     |
| CASSEROLE  | GRATEFUL  | PILGRIMS | THANKSGIVING |
| CORNUCOPIA | GRAVY     | PLYMOUTH | THURSDAY     |
| CRANBERRY  | MAYFLOWER | POTATOES | TURKEY       |

Remember it is important to exercise and stretch regularly. Here are some exercises that can be completed while you're home for the holidays!

# Stretching Exercises



**1. Neck Flexion/Extension Stretch**  
(forward, then back)



**2. Neck Lateral Flexion Stretch**  
(one side, then the other)



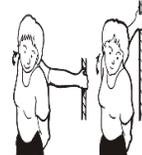
**3. Latissimus Dorsi and Posterior Deltoid Stretch**  
(link hands, push elbows together)



**4. Triceps Stretch**  
(pull elbow across and down)



**5. Shoulder Rotator Stretch**  
(using towel, pull up with the top arm then down with the other)



**6. Pectoral Stretch at 90° and 120°**  
(use a doorway or post)



**7. Bicep Stretch**  
(hands apart)



**8. Supraspinatus Stretch**  
(keep elbow parallel to ground)



**9. Wrist Extensor Stretch**  
(tilt head to opposite side, keep elbow straight)



**10. Thoracic Extension Stretch**  
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



**11. Lateral Flexion Stretch**  
(one side, then the other, push pelvis across as you bend)



**12. Lumbar Extension and Abdominal Stretch**  
(be gentle if sore)



**13. Lumbar Flexion Stretch**  
(be gentle if sore)



**14. Lumbar Rotation Stretch**  
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



**15. Hamstring Stretch**  
(straighten leg)  
i. with foot pointed  
ii. with foot pulled back towards the knee



**16. Hamstring Stretch**  
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



**17. Adductor Stretch**  
(push down with elbows on knees very gently, keep back straight)



**18. Gluteal Stretch**  
(pull knee and lower leg towards opposite shoulder)



**19. Gluteal and Lumbar Rotation Stretch**



**20. Quadriceps Stretch**  
(keep pelvis on floor)



**21. Quadriceps Stretch**



**22. Adductor Stretch**  
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



**23. Hip Flexor Stretch**  
(keep back straight, tuck bottom under, lunge forward on front leg)



**24. Tensor Fascia Stretch**  
(continue to push bottom forward, whilst pushing hip to the side)

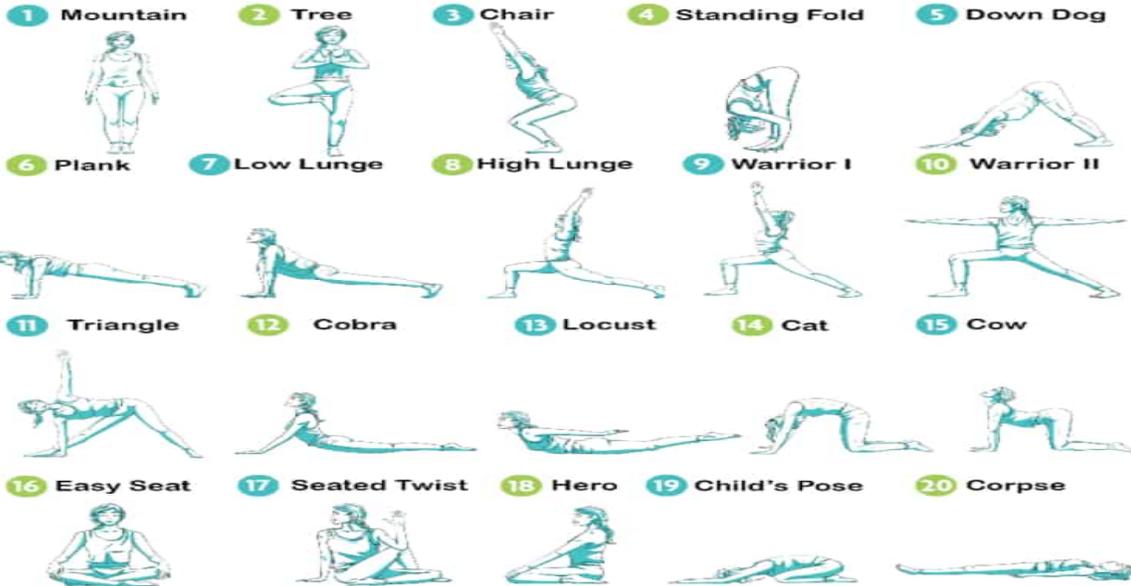


**25. Gastrocnemius Stretch**  
(keep knee straight and heel down, feet facing forward)

# YOGA POSES FOR BEGINNERS

yogarove.com

Hold each pose 3-5 breaths. Pay attention to the way each pose makes your body feel.



## 12 Benefits of Walking

1. Lose Weight

2. **Healthy Heart**

3. Increase Self-Esteem

4. **Tones Muscles**

5. Increases Metabolism

6. **Reduces Stress**

7. Improves Mood

8. **Increased Energy**

9. Decrease chance of injuries

10. **Low Impact**

11. Reduce risk of High Blood Pressure

12. **Strengthens Bones/Joints**

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## **Thanksgiving Herb-Roasted Chicken**

With less people during the holidays, forget the pounds of leftover Thanksgiving turkey and opt for a smaller bird for this year's Thanksgiving dinner.

*Cook Time -prep: 20 mins roast: 1 hr 15 mins at 375° stand: 10 mins*

Servings: 4

### **Ingredients:**

- 1 3.5 pound whole broiler chicken
- 2 tablespoons butter or margarine, melted
- 2 cloves garlic, minced
- 1 teaspoon dried basil, crushed
- ½ teaspoon ground sage
- ½ teaspoon dried thyme, crushed
- ¼ teaspoon salt
- ¼ teaspoon lemon-pepper seasoning or ground black pepper

### **Directions:**

Preheat oven to 375 degrees F. Rinse the inside of chicken; pat dry with paper towels. Skewer neck skin of chicken to back (see photo); tie legs to tail. Twist wing tips under back. Place chicken, breast side up, on a rack in a shallow roasting pan. Brush with melted butter; rub garlic over chicken.

In a small bowl stir together basil, sage, thyme, salt, and lemon-pepper seasoning; rub onto chicken. If desired, insert a meat thermometer into center of an inside thigh muscle (see photo). (The thermometer should not touch bone.)

Roast, uncovered, for 75 to 90 minutes or until drumsticks move easily in their sockets and chicken is no longer pink (180 degrees F). Remove chicken from oven. Cover; let stand for 10 minutes before carving.

### **Equipment Required:**

- Chefs knife and cutting board for carving
- Meat thermometer
- Roasting Pan
- Small bowl

### **Nutrition Facts:**

Per Serving:

625 calories; total fat 45g; saturated fat 14g; polyunsaturated fat 9g; monounsaturated fat 19g; cholesterol 217mg; sodium 408mg; potassium 427mg; carbohydrates 1g; fiber 0g; sugar 0g; protein 50g; vitamin a 534IU; vitamin c 4mg; thiamin 0mg; riboflavin 0mg; niacin equivalents 14mg; vitamin b6 1mg; folate 12mcg; vitamin b12 1mcg; calcium 40mg; iron 3mg.

## Sweet Potato Casserole

*Total: 45 min Active: 15 min*

*Yield: 6 to 8 servings*

### Ingredients:

#### Filling:

- 1/2 stick (4 tablespoons) unsalted butter, melted, plus more for buttering the baking dish
- 3 to 4 large sweet potatoes (about 1 3/4 pounds), peeled and cubed
- 1/2 cup milk
- 1/4 cup brown sugar, packed
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon kosher salt
- 2 large eggs

#### Topping:

- 1/2 cup all-purpose flour
- 1/2 cup brown sugar, packed
- 1/2 stick (4 tablespoons) unsalted butter, melted
- 1/4 teaspoon kosher salt
- 3/4 cup chopped pecans

#### Directions:

- For the sweet potatoes: Add 1 3/4 pounds peeled and cubed sweet potatoes to a large pot of salted water. Bring to a boil over high heat, then lower the heat to a simmer and cook until the potatoes are very tender, 15 to 20 minutes. Drain and cool. Mash the sweet potatoes.
- For the filling: Preheat the oven to 350 degrees F. Butter a 2-quart baking dish.
- Whisk together the butter, mashed sweet potatoes, milk, brown sugar, vanilla, salt and eggs in a large bowl. Transfer to the prepared baking dish.
- For the topping: Combine the flour, brown sugar, butter and salt in a medium bowl until moist and the mixture clumps together. Stir in the pecans. Spread the mixture over the top of the sweet potatoes in an even layer. Bake until mostly set in the center and golden on top, 25 to 30 minutes. Serve hot.

#### Equipment Required:

- a 2-quart baking dish
- Peeler
- Large Pot
- Masher or fork
- Whisk



## Pumpkin Brownies

### Ingredients:

- 8 tablespoons (1 stick) unsalted butter, plus more for pan
- 6 ounces bittersweet chocolate, chopped
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 cups sugar
- 4 large eggs
- 1 tablespoon pure vanilla extract
- 1 1/4 cups pumpkin puree (canned is ok)
- 1/4 cup vegetable oil
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg



### Directions:

- Preheat oven to 350 degrees. Butter a 9-inch square baking pan or dish. Line bottom of pan with parchment paper; butter lining.
- Melt chocolate and butter in a heatproof bowl set over a pan of simmering water, stirring occasionally until smooth. Whisk together flour, baking powder, and salt in a large bowl; set aside. Put sugar, eggs, and vanilla in the bowl of an electric mixer fitted with the paddle attachment; beat until fluffy and well combined, 3 to 5 minutes. Beat in flour mixture.
- Divide batter between two medium bowls (about 2 cups per bowl). Stir chocolate mixture into one bowl. In other bowl, stir in pumpkin, oil, cinnamon, and nutmeg. Transfer half of chocolate batter to prepared pan smoothing top with a rubber spatula. Top with half of pumpkin batter. Repeat to make one more chocolate layer and one more pumpkin layer. Work quickly so batters don't set.
- With a small spatula or a table knife, gently swirl the two batters to create a marbled effect.
- Bake until set, 40 to 45 minutes. Let cool in pan on a wire rack. Cut into 16 squares.

### Equipment Required:

- 9-inch baking pan
- Spatula
- Whisk
- Parchment paper
- Heatproof bowl
- Electric mixer
- Two Bowls