



COOKING SKILLS AND FOOD

Time: 70 Minutes

OBJECTIVES:

SETUP

RECAP

INTRO



HANDOUTS/VIDEOS

SPACE SETUP

DEMO SUPPLIES

ACTIVITY INGREDIENTS* AND SUPPLIES**

SAY:

Hold up the first spice: Basil

SAY:

SAY:

SAY:

SAY:

SAY:

INGREDIENTS

BASIL

CURRY POWDER

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.