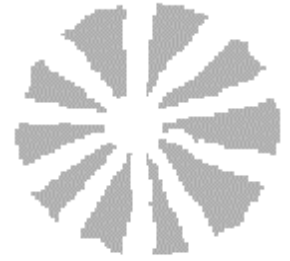




Sunbeams



Cooking Fun

1. Name the four food groups.
 - a. Collect pictures from each of these food groups.
 - b. Use your pictures to make a collage or poster to be displayed at your club, school or church.

2. Describe a complete, balanced daily menu.
OR
Compose a complete dinner menu.

3. Help prepare, serve, and clean up a four_course dinner.

4. Make two different kinds of sandwiches.

5. Prepare two different salads.

6. Help to prepare and pack a picnic lunch.
 - a. Include foods from the four food groups.
 - b. Share this picnic with family or friends.