

The Good Food Workbook

Cook Like a Grandma

Note: Depending on whether your Grandma is available, you can complete this activity with her or with a parent.

Question 1: Tell us about your Grandma. What is her name? Where was she born and where did she raise your parent? Share any other stories about her that you think are interesting.

Question 2: What is her favorite recipe called?

Question 3: How long does it take to make?

Question 4: What are the ingredients?

Question 5: What are the steps that you take to make this recipe?

Submit your Grandma's Recipe for a chance to get published and a free copy of the book. Visit www.GoodFoodWorkbook.com for details.

\$5.00 Value Meal Challenge

Forget the Happy Meal or any other “value meal” that you get from a fast-food restaurant. Now it’s time to discover your own REAL VALUE MEAL. There are a lot of great foods that you can cook at home and have a complete meal for less than \$5.00.

Suggestion: try healthy foods like beans, pasta and rice with some vegetables.

What is in your healthy \$5.00 Value Meal?

1.)

2.)

3.)

4.)

Submit your Value Meal for a chance to get published and win a free copy of the book. Visit www.GoodFoodWorkbook.com for details.

The Good Food Workbook

Create a Food Map of Your Neighborhood

Step 1: create a list of all of the places that sell healthy food in your neighborhood.

Step 2: close your eyes and think about where they are all located relative to your house and to each other.

Step 3: using the compass below, draw a map showing where your house and all of these great places are located. Be sure to label everything.



Submit your map for a chance to win a chance to get. Visit www.GoodFoodWorkbook.com for details.

Fruits and Vegetables

My favorite fruits are:

- 1.)
- 2.)
- 3.)

My favorite vegetables are:

- 1.)
- 2.)
- 3.)

Try New Fruits and Vegetables

What fruit did you try?

Did you like it?

What vegetable did you try?

How did you prepare it?

What do you think about this new vegetable? Will you eat it again?