

LEARNING AND SHARING ACTIVITIES

As you work on your projects(s) in the Foods and Nutrition Program this year, describe *major ideas you learn* about any or all of the following subjects (for example: the “pull date” on cottage cheese is the last day it can be sold, not the last day it is safe to eat). Be sure to include *how you share* information with others and any special *ways you learn* (for example: helped a Girl Scout troop plan food for a backpacking trip; recorded everything I ate for 48 hours and determined where I could cut calories).

Food Preparation _____

Nutrition _____

Food Safety, Sanitation, and Storage _____

Food Selection and Shopping _____

Meal Planning, Serving, and Courtesy _____

Exercise, Fitness, and Health _____

Using Time and Saving Energy _____

Where Foods Are Grown _____

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