

Family Activity 1

Cook Together This Week



Try making a recipe with fruits or vegetables with your child this week. Then help your child answer the following questions:

Name of recipe: _____

Where did this recipe come from? _____

What fruits and/or vegetables were in the recipe? _____

What part of the plant did these fruits and/or vegetables come from?

Fruit/vegetable

Part of Plant?

Write 1-2 sentences about how the recipe was prepared and what you thought about it. For example: *I chopped up green peppers and carrots and added them to the tomato sauce. We put it on the spaghetti and it was delicious.*

