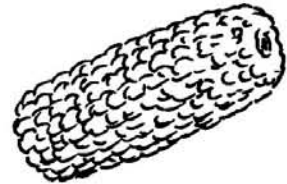
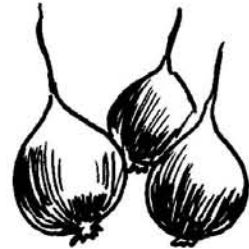
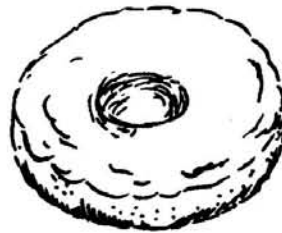


Introduction In a Hurry

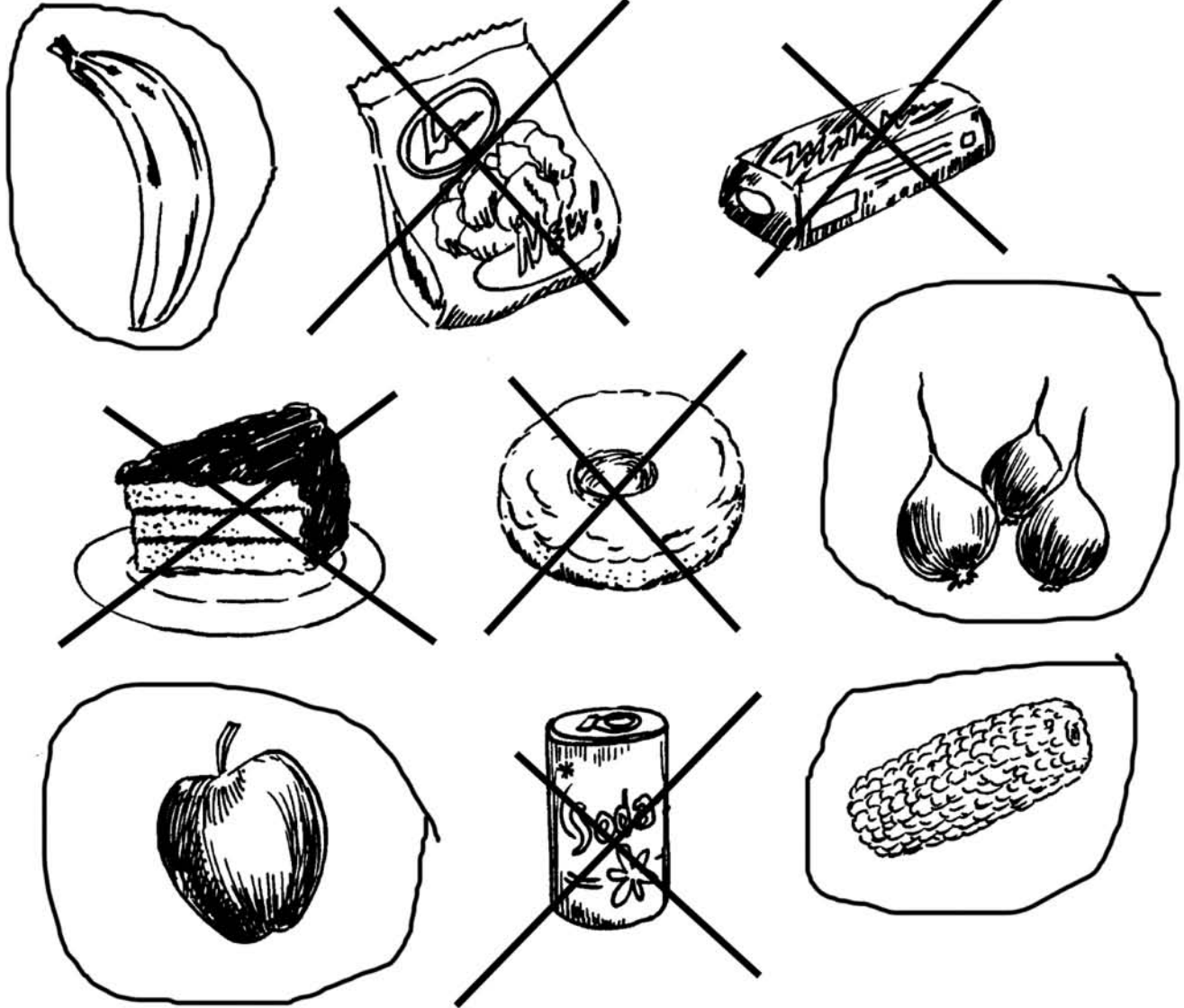
Circle the healthy snacks. Cross out the less healthy snacks.



In a Hurry

Circle the healthy snacks. Cross out the less healthy snacks.

(banana, potato chips, candy bar, cake, donut, radishes, apple, soda, corn on the cob)



Cucumber and Lemon Recipe

 <p>1.</p>	 <p>2.</p>	 <p>3.</p>
 <p>4.</p>	 <p>5.</p>	 <p>6.</p>

SAMPLE RECIPE

Tortilla Soup

**2 cans onion soup
1 1/2 cups water
1 can Tomato Juice
1 can Green Chile Salsa
2 cups Jack Cheese
Tortilla chips**

Put the soup, water, tomato juice and salsa together in a pan. Cook and stir to boiling. Put tortilla chips in large bowls. Put the soup in bowls. Put cheese and chips on top. Serves 6 people.

Pair Practice Grid

<p>1.</p>	<p>2.</p>	<p>3.</p>
<p>4.</p>	<p>5.</p>	<p>6.</p>

Writing - Cucumber and Lemon

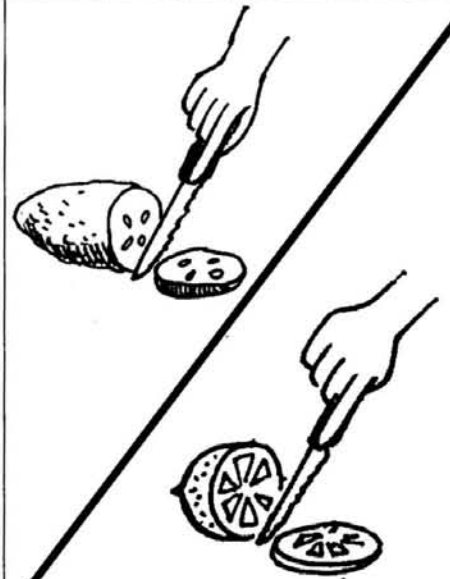
put	cut	add	eat	wash	wash
-----	-----	-----	-----	------	------



1. _____
hands.



2. _____
the cucumber.



3. _____ the
cucumber and lemon.



4. _____ the lemon
on the cucumber.



5. _____ the chili
powder.


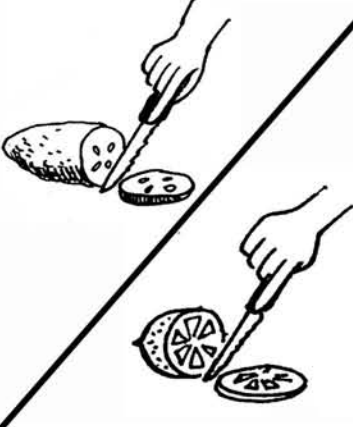





6. _____ the
cucumbers

Quiz

Name _____

A. Listen to the teacher. Find the picture. Write the number.

B. Write the words under the pictures. Use these words:

Add the chili powder.

Cut the cucumbers and lemon.

Eat the cucumber

Wash hands.

Wash the cucumber.

Put the lemon on the cucumber.

Apple and Yogurt Recipe

Write the sentences. Put the sentences in order. Write the recipe.

Cut an apple.	Eat an apple.	Wash an apple.
Put the apple in a bowl.	Add cinnamon.	Put yogurt in a bowl.









Recipe: Apple and Yogurt

My Goal: I will try a healthy snack at home.

Date: _____








1. Cucumber and Lemon

Date: _____

 <p>1. Wash hands.</p>	 <p>2. Wash the cucumber.</p>	 <p>3. Cut the cucumber and the lemon.</p>	 <p>4. Put the lemon on the cucumber.</p>	 <p>5. Add the chili powder.</p>	 <p>6. Eat the cucumber.</p>	<p>My Report:</p> <p>1. I tried the snack: <input type="radio"/> <input type="radio"/></p> <p>2. My family liked it: <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>3. Time to make snack: _____ minutes.</p>
---------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------


2. Apple and Yogurt

Date: _____

 <p>1. Wash hands.</p>	 <p>2. Wash the apple.</p>	 <p>3. Cut the apple.</p>	 <p>4. Put the apple in the bowl.</p>	 <p>5. Put the yogurt on the apple.</p>	 <p>6. Add the cinnamon.</p>	 <p>7. Eat the apple.</p>	<p>My Report:</p> <p>1. I tried the snack: <input type="radio"/> <input type="radio"/></p> <p>2. My family liked it: <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>3. Time to make snack: _____ minutes.</p>
----------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

3. My Snack

Date: _____

 <p>1. Wash hands.</p>	<p>My Report:</p> <p>1. I tried the snack: <input type="radio"/> <input type="radio"/></p> <p>2. My family liked it: <input type="radio"/> <input type="radio"/> <input type="radio"/></p> <p>3. Time to make snack: _____ minutes.</p>
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