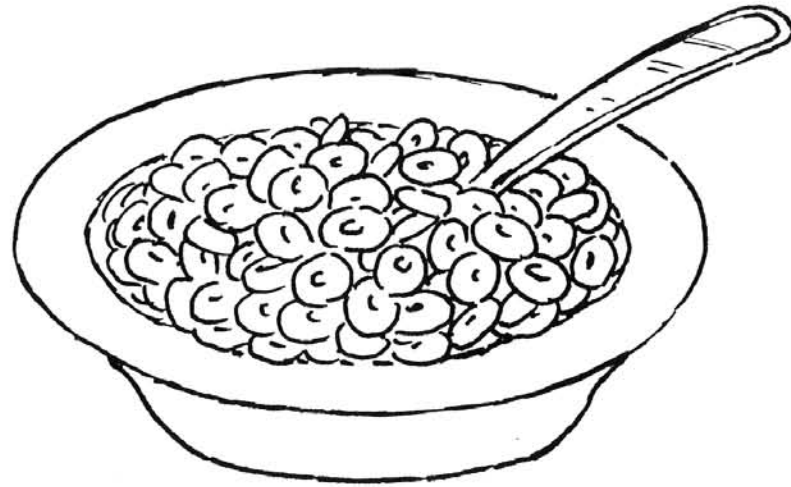
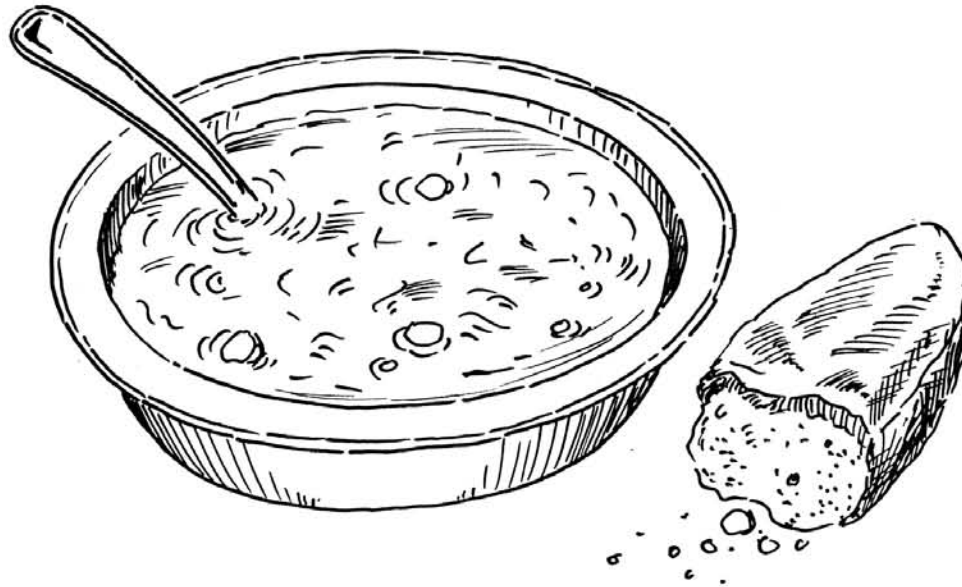


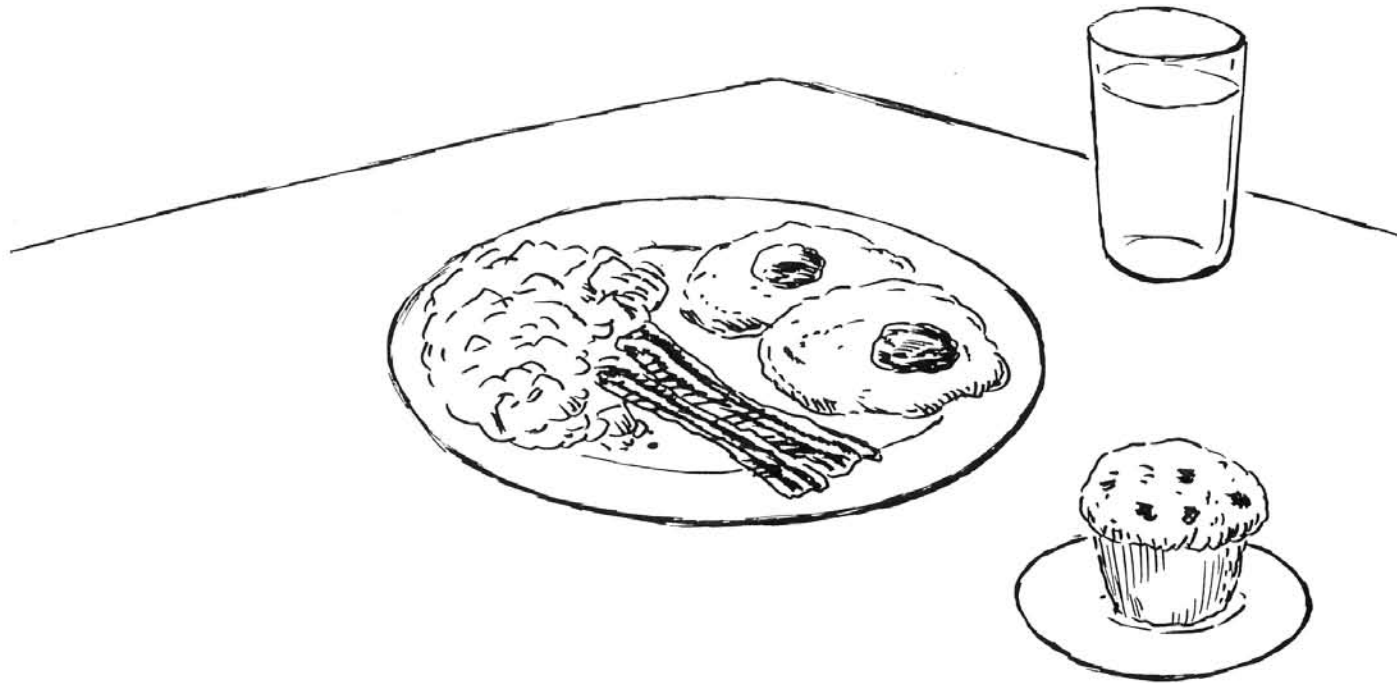
Simple Breakfast



Simple Dinner



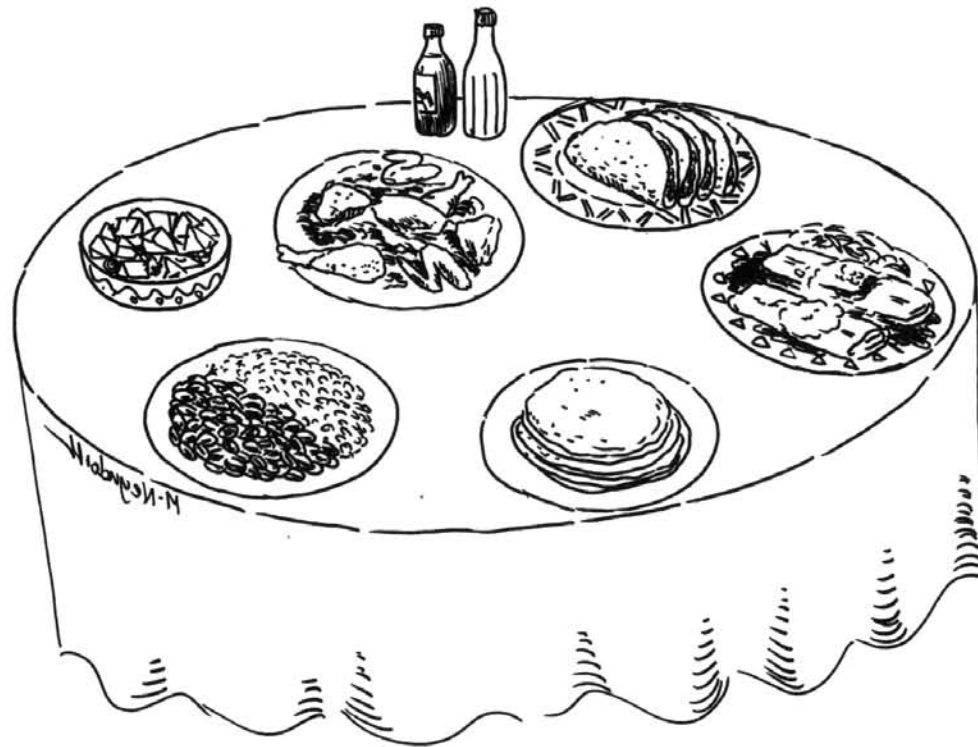
Special Occasion Breakfast



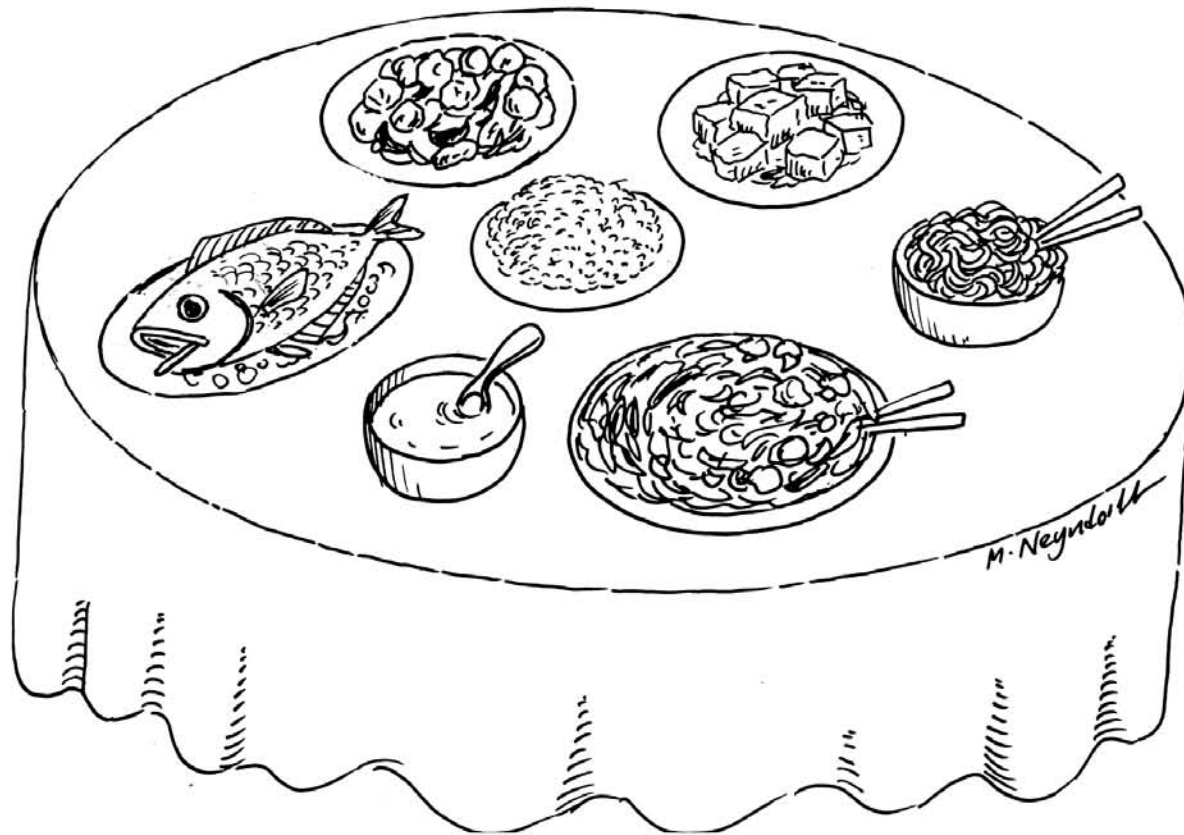
Special Occasion Dinner (American)



Special Occasion Dinner (Mexican)



Special Occasion Dinner (Asian)



Quick, Easy, Healthy Dinners

Group # _____

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What is in the dinner? (ingredients):

How do you make the dinner? (bake, boil, stir fry, what temperature? How long?)

How long does it take to prepare?

Foods in Your Culture



Directions:

1. Assign students to mixed cultural/ethnic, but similar language level groups of 4 or 5 students.
2. Give each person a number - 1,2,3,4,5.
3. Person #1 reads the first question to person #2.
4. Person #2 answers the question.
5. Person #1 passes the Worksheet to person #2.
6. Person #2 then reads the second question to person #3.
7. Continue until you get back to person # 1, each person asking one question.
8. See if anyone can remember all of the facts about the other people in the group.

Questions

1. What kinds of food do people eat every day in your native country?
2. Now that you live in the U.S., what kinds of food do you eat every day?
3. Do you have time to cook your native foods? Why, or why not?
4. What foods do you still eat from your country?
5. What is your favorite food? Why do you like it?

My Goal: I will try ____ ideas for quick and easy cooking.

Directions:

1. Write down some new ideas from class.
2. Try 1 or more at home.
3. On a different day, complete your Report and talk to a partner.

Describe new idea for quick and easy cooking.	I tried it.	My family/I liked it:										
1. Ingredients: How to cook:	Date: _____	<table style="width: 100%; text-align: center;"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>No</td> <td></td> <td>Some</td> <td></td> <td>a lot</td> </tr> </table>	1	2	3	4	5	No		Some		a lot
1	2	3	4	5								
No		Some		a lot								
2. Ingredients: How to cook:	Date: _____	<table style="width: 100%; text-align: center;"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>No</td> <td></td> <td>Some</td> <td></td> <td>a lot</td> </tr> </table>	1	2	3	4	5	No		Some		a lot
1	2	3	4	5								
No		Some		a lot								
3. Ingredients: How to cook:	Date: _____	<table style="width: 100%; text-align: center;"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>No</td> <td></td> <td>Some</td> <td></td> <td>a lot</td> </tr> </table>	1	2	3	4	5	No		Some		a lot
1	2	3	4	5								
No		Some		a lot								

MY REPORT	DATE:
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1. I tried _____ ideas for quick and easy cooking.
2. The best idea for my family was: _____
3. The idea I will try again is: _____
4. The idea I will not try again is: _____ because

Quick

Easy

Healthy

Dinners