



## 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 \_\_\_\_\_

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Nutrition \_\_\_\_\_

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Food Safety, Sanitation, and Storage \_\_\_\_\_

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Food Selection and Shopping \_\_\_\_\_

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Meal Planning, Serving, and Courtesy \_\_\_\_\_

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Exercise, Fitness, and Health \_\_\_\_\_

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Using Time and Saving Energy \_\_\_\_\_

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Where Foods Are Grown \_\_\_\_\_

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