

Fantastic Foods, "Bite" Sheet - Grades 3-4

Each year, you should complete a minimum of three activities. Within the two year project period, you should have completed at least 6 activities. Write the month, day, and year beside each of your activities you complete. Have your project helper initial that you have discussed the activity with them.

Introduction to Level A (Grades 3-4) Date: _____ Helper Initials: _____

- The Experimental Learning Model _____ _____
- Having Fun with Fantastic Foods _____ _____
- Everyone Needs Nutrients _____ _____
- Putting My Plate Together _____ _____
- How to Measure _____ _____
- Kitchen Safety _____ _____
- How to Read a Recipe _____ _____

Activities Date: _____ Helper Initials: _____

- Examining Germs _____ _____
- Danger Zone _____ _____
- Fuzzies on My Bread _____ _____
- Bone Up on Calcium _____ _____
- Decoding the Nutrition Facts Label _____ _____
- Juice or Fruit Drink _____ _____
- Making Brownie Cents _____ _____
- Tune into Advertising _____ _____
- You Be the Judge _____ _____
- Frosty Freezer Fruit _____ _____
- Saving Leftovers _____ _____
- Farm to Table _____ _____
- Eating in Season _____ _____
- Food Industry Careers _____ _____

Recipes Date: _____ Helper Initials: _____

- Mama Mia Pizza _____ _____
- Fruit Kabobs _____ _____
- Snackin' Power _____ _____
- Pancakes, Anyone? _____ _____
- Classic Choc. Chip Cookies _____ _____
- Fruit in Muffins _____ _____
- Micro Stuffed Potatoes _____ _____
- Fruit Granita _____ _____

Name: _____ **Age:** _____

Project Helper's Signature: _____ **Date:** _____