



## About Food

Tell us what you think about the following food and recipe choices. You may not know the answers and that's OK. This information will help us plan the cooking sessions together.

Chef name: \_\_\_\_\_

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Check one box for each item.

A fruit grown in New York State is:

- banana
- mango
- apple
- I can't decide

A recipe with tortillas and cheese is a good source of:

- iron
- calcium
- vitamin A
- I can't decide

A recipe with apples and whole grain bread is a good source of:

- fiber
- vitamin C
- calcium
- I can't decide

A recipe with whole wheat flour and raisins is a good source of:

- vitamin A
- iron
- calcium
- I can't decide

It is more important to measure ingredients carefully when making:

- chili
- fruit salad
- blueberry muffins
- I can't decide

The Food Guide Pyramid tells me:

- the cost of different foods
- how much to eat of different kinds of food
- how to prepare foods we eat
- I have never seen the Food Guide Pyramid



## More About Food

Tell us what you think about the following recipe and food choices. You may not know the answers and that's OK. This information will help us do cooking sessions with other youth like you.

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