



## Sunbeams



## Cooking Fun

1. Name the four food groups.
  - a. Collect pictures from each of these food groups.
  - b. Use your pictures to make a collage or poster to be displayed at your club, school or church.
  
2. Describe a complete, balanced daily menu.  
**OR**  
Compose a complete dinner menu.
  
3. Help prepare, serve, and clean up a four\_course dinner.
  
4. Make two different kinds of sandwiches.
  
5. Prepare two different salads.
  
6. Help to prepare and pack a picnic lunch.
  - a. Include foods from the four food groups.
  - b. Share this picnic with family or friends.