

# COOKING

## SCAVENGER HUNT



Cook something with a green vegetable



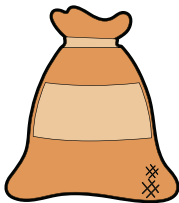
Use beans or lentils in your meal



Try a fruit you haven't tried before



Add fruit to a dessert



Use whole wheat flour or a whole grain



Add vegetables to your smoothie



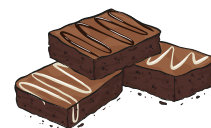
Try a new kitchen utensil you haven't used before



Try a new herb or spice



Make a balanced plate



Make a no-bake dessert



Add a protein to your breakfast



Eat with your family