

Adventures in Food and Nutrition! © 2012

Chapter 11: What's on the Menu?

Tools:

- Printer
 - 8.5" x 11" paper
 - Scissors
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Directions:

1. Print
 2. Fold paper in half vertically
 3. Cut along dashed lines
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convenience food

Food that has been partially or totally prepared when you buy it.

- FOLD -

01 of 07 E-Flash Cards



garnish

A decoration you can eat that adds color to meals.

- FOLD -

02 of 07 E-Flash Cards



landfill

Large hole in the ground where trash is stored.

- FOLD -

03 of 07 E-Flash Cards



partially prepared food

Food that needs some preparation. Most need to be blended with other ingredients.

- FOLD -

04 of 07 E-Flash Cards

ready-to-eat food

Packaged food that doesn't need any preparation.

- FOLD -

05 of 07 E-Flash Cards



resources

Ways and means, such as time and money, that are used to complete a task.

- FOLD -

06 of 07 E-Flash Cards



speed scratch cooking

Cooking that combines the speed of convenience foods with the fresh foods used in scratch cooking.

- FOLD -

07 of 07 E-Flash Cards



- FOLD -