



**COOKING SKILLS AND FOOD**

*Time: 70 Minutes*



**SETUP**

**RECAP**

**INTRO**



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**HANDOUTS/VIDEOS**

**SPACE SETUP**

**DEMO SUPPLIES**

**ACTIVITY INGREDIENTS\* AND SUPPLIES\*\***

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**SAY:**

Hold up the first spice: Basil

**SAY:**

**SAY:**

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**SAY:**

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**SAY:**

**SAY:**

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## INGREDIENTS

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**BASIL**

**CURRY POWDER**





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I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

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