



Week 7: Accountability Card

This week is about cool summer cooking. Answer the questions below and be on your way to cooking and eating healthfully in the summer time.

Name one recipe you prepared that does not require the use of an oven.	
Name a quick cooking grain that you use in summer meals.	

In the chart below indicate a seasonal fruit and vegetable you ate for each day.

	Mon	Tue	Wed	Thurs	Fri
Name an in season fruit you ate.					
Name an in season vegetable you ate.					