

Name _____

WHAT'S THE PROCESS?



Remember, processed foods include bagged and canned fruits and vegetables, packaged foods, and frozen meals.

Think of a processed food that you've eaten. Write the steps to prepare that food. Then write the steps to prepare it from scratch.

My food: _____

Processed version

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Made from scratch

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Write about it: When does your family use processed foods? When does your family cook from scratch? Why?
