Cooking Recap: (On the back, you can do #8 – list three careers, and go in depth with one of them)

1. List at least three kitchen hazards and what you can do to prevent them or handle them if they occur.
2. Describe the following two food-borne pathogens and what you can do to prevent them:
\*Salmonella

\*E. coli
3. Draw (roughly, doesn’t have to be exact) the MyPlate guidelines for each meal. This shows what EACH meal should look like in terms of food groups.
4. List three food-related diseases or allergies.
5. Based on the number of calories you figured were appropriate for your activity level, write up an appropriate meal plan for one day (normal school day).
6. Describe what you can find on a food nutrition label.