

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?

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