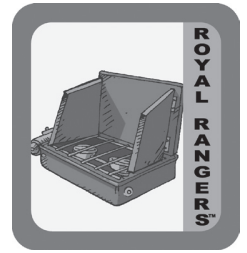


COOKING



Physical: Help to prepare a meal for your family

List the foods that you helped to prepare for your family:

What is something that you learned to do while helping to prepare a meal?

Date Completed: _____ Parent / Commander Signature: _____

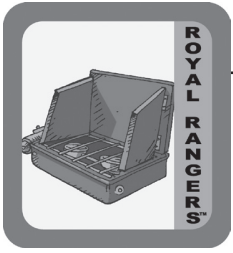
Spiritual: Read or have someone read to you the story of Elijah in 1 Kings 17:1–16.

Date Completed: _____ Parent / Commander Signature: _____



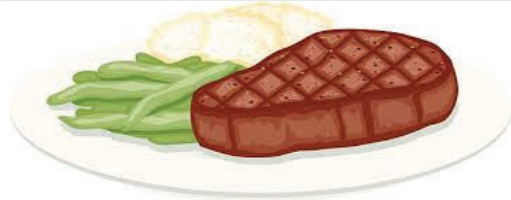
Cooking

Name _____



COOKING

Mental: Write a menu with the help of a parent. It must be a balanced meal including vegetables, protein and healthy fats. Don't forget dessert!



Meat	-----
Milk	-----
Fruit	-----
Bread or Grains	-----
Vegetable	-----

Date Completed: _____ Parent / Commander Signature: _____

