

Kid DINNER

FILL IN YOUR
CHOICES IN
EACH SECTION

1 WHAT TYPE OF
CUISINE?

2 PROTEIN

3 STARCH

4 VEGGIE

5 NOW YOU HAVE A
COMPLETE MEAL!

IT'S TIME TO CHECK
THE KITCHEN. DO WE
NEED TO BUY ANY OF
THE INGREDIENTS FOR
THIS MEAL? LIST THEM
HERE.



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What's for
DINNER ?

