**Attachment G – Child Care Provider Journal**

**Instructions:** The purpose of this provider journal is to capture your immediate reactions and thoughts after completing each of the activties and recipes in the *Food Explorers Guide.* Please take a few minutes after finishing each activity and recipe to answer the corresponding questions in this journal.

**PLEASE BE HONEST**! This is not a test, we just want to know what you thought about each activity so we can make improvements.

If you did not complete an activity or recipe, please check the “Did Not Complete” Box on that page.

Remember, you’ve been asked to complete a total of eight activity/recipe pairs by [DATE].

Once you have completed all eight activities, please answer the wrap up questions on page X.

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**OMB BURDEN STATEMENT**: According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0524.  The time required to complete this information collection is estimated to average 1 hour and 20 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

# Region 1: CENTRAL AND SOUTH AMERICA

## Activity: Al Alimón

|  |  |  |
| --- | --- | --- |
| **Did you complete this activity?**  | **Date Completed** | **How long did it take?** |
| Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |

|  |
| --- |
| *Read the following statements about the activity and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | **Strongly Agree** |
| Children enjoyed this activity. | SD | D | A | SA |
| I was comfortable leading this activity with my students. | SD | D | A | SA |
| Preparation and materials required for this activity were manageable. | SD | D | A | SA |
| The instructions for this activity were clear and easy to understand. | SD | D | A | SA |
| The activity was appropriate for children ages 3-5. | SD | D | A | SA |
| The activity was appropriate for children ages 6-12 (if applicable). | SD | D | A | SA |
| I would recommend this activity to other child care providers. | SD | D | A | SA |

## Recipe: Beef Picadillo Served with Brown Rice

|  |  |  |  |
| --- | --- | --- | --- |
| **Did you make this recipe?** | **Did children help make the recipe?** | **Date Completed** | **How long did it take?** |
| Yes No | Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |
| *Read the following statements about the recipe and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | Strongly Agree | Not Applicable |
| I was familiar with all the ingredients in this recipe already | SD | D | A | SA | NA |
| The recipe was clear and easy to follow | SD | D | A | SA | NA |
| I was excited to try the recipe | SD | D | A | SA | NA |
| Children were willing to try this recipe | SD | D | A | SA | NA |
| There were appropriate ways for children to help with this recipe | SD | D | A | SA | NA |
| I would recommend this recipe to other providers | SD | D | A | SA | NA |

|  |
| --- |
| Is there anything you’d like to share about this activity/recipe pair so we can improve them in the future? |

## Activity: **Paper Flowers**

|  |  |  |
| --- | --- | --- |
| **Did you complete this activity?**  | **Date Completed** | **How long did it take?** |
| Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |

|  |
| --- |
| *Read the following statements about the activity and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | **Strongly Agree** |
| Children enjoyed this activity. | SD | D | A | SA |
| I was comfortable leading this activity with my students. | SD | D | A | SA |
| Preparation and materials required for this activity were manageable. | SD | D | A | SA |
| The instructions for this activity were clear and easy to understand. | SD | D | A | SA |
| The activity was appropriate for children ages 3-5. | SD | D | A | SA |
| The activity was appropriate for children ages 6-12 (If applicable). | SD | D | A | SA |
| I would recommend this activity to other child care providers. | SD | D | A | SA |

## Recipe: Baked Batatas and Apples

|  |  |  |  |
| --- | --- | --- | --- |
| **Did you make this recipe?** | **Did children help make the recipe?** | **Date Completed** | **How long did it take?** |
| Yes No | Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |
| *Read the following statements about the recipe and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | Strongly Agree | Not Applicable |
| I was familiar with all the ingredients in this recipe already | SD | D | A | SA | NA |
| The recipe was clear and easy to follow | SD | D | A | SA | NA |
| I was excited to try the recipe | SD | D | A | SA | NA |
| Children were willing to try this recipe | SD | D | A | SA | NA |
| There were appropriate ways for children to help with this recipe | SD | D | A | SA | NA |
| I would recommend this recipe to other providers | SD | D | A | SA | NA |

|  |
| --- |
| Is there anything you’d like to share about this activity/recipe pair so we can improve them in the future? |

# Region 2: North America

## Activity: Three Sisters Storytime

|  |  |  |
| --- | --- | --- |
| **Did you complete this activity?**  | **Date Completed** | **How long did it take?** |
| Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |

|  |
| --- |
| *Read the following statements about the activity and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | **Strongly Agree** |
| Children enjoyed this activity. | SD | D | A | SA |
| I was comfortable leading this activity with my students. | SD | D | A | SA |
| Preparation and materials required for this activity were manageable. | SD | D | A | SA |
| The instructions for this activity were clear and easy to understand. | SD | D | A | SA |
| The activity was appropriate for children ages 3-5. | SD | D | A | SA |
| The activity was appropriate for children ages 6-12 (if applicable). | SD | D | A | SA |
| I would recommend this activity to other child care providers. | SD | D | A | SA |

## Recipe: Great Garden Soup

|  |  |  |  |
| --- | --- | --- | --- |
| **Did you make this recipe?** | **Did children help make the recipe?** | **Date Completed** | **How long did it take?** |
| Yes No | Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |
| *Read the following statements about the recipe and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | Strongly Agree | Not Applicable |
| I was familiar with all the ingredients in this recipe already | SD | D | A | SA | NA |
| The recipe was clear and easy to follow | SD | D | A | SA | NA |
| I was excited to try the recipe | SD | D | A | SA | NA |
| Children were willing to try this recipe | SD | D | A | SA | NA |
| There were appropriate ways for children to help with this recipe | SD | D | A | SA | NA |
| I would recommend this recipe to other providers | SD | D | A | SA | NA |

|  |
| --- |
| Is there anything you’d like to share about this activity/recipe pair so we can improve them in the future? |

## Activity: Animal Life Collage

|  |  |  |
| --- | --- | --- |
| **Did you complete this activity?**  | **Date Completed** | **How long did it take?** |
| Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |

|  |
| --- |
| *Read the following statements about the activity and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | **Strongly Agree** |
| Children enjoyed this activity. | SD | D | A | SA |
| I was comfortable leading this activity with my students. | SD | D | A | SA |
| Preparation and materials required for this activity were manageable. | SD | D | A | SA |
| The instructions for this activity were clear and easy to understand. | SD | D | A | SA |
| The activity was appropriate for children ages 3-5. | SD | D | A | SA |
| The activity was appropriate for children ages 6-12 (if applicable). | SD | D | A | SA |
| I would recommend this activity to other child care providers. | SD | D | A | SA |

## Recipe: Mini Salmon Loaves

|  |  |  |  |
| --- | --- | --- | --- |
| **Did you make this recipe?** | **Did children help make the recipe?** | **Date Completed** | **How long did it take?** |
| Yes No | Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |
| *Read the following statements about the recipe and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | Strongly Agree | Not Applicable |
| I was familiar with all the ingredients in this recipe already | SD | D | A | SA | NA |
| The recipe was clear and easy to follow | SD | D | A | SA | NA |
| I was excited to try the recipe | SD | D | A | SA | NA |
| Children were willing to try this recipe | SD | D | A | SA | NA |
| There were appropriate ways for children to help with this recipe | SD | D | A | SA | NA |
| I would recommend this recipe to other providers | SD | D | A | SA | NA |

|  |
| --- |
| Is there anything you’d like to share about this activity/recipe pair so we can improve them in the future? |

# Region 3: Africa

## Activity: [Kye Kye Kule](http://www.songsforteaching.com/folk/kyekyekule.htm)

|  |  |  |
| --- | --- | --- |
| **Did you complete this activity?**  | **Date Completed** | **How long did it take?** |
| Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |

|  |
| --- |
| *Read the following statements about the activity and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | **Strongly Agree** |
| Children enjoyed this activity. | SD | D | A | SA |
| I was comfortable leading this activity with my students. | SD | D | A | SA |
| Preparation and materials required for this activity were manageable. | SD | D | A | SA |
| The instructions for this activity were clear and easy to understand. | SD | D | A | SA |
| The activity was appropriate for children ages 3-5. | SD | D | A | SA |
| The activity was appropriate for children ages 6-12 (if applicable). | SD | D | A | SA |
| I would recommend this activity to other child care providers. | SD | D | A | SA |

## Recipe: Veggie Mash Up

|  |  |  |  |
| --- | --- | --- | --- |
| **Did you make this recipe?** | **Did children help make the recipe?** | **Date Completed** | **How long did it take?** |
| Yes No | Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |
| *Read the following statements about the recipe and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | Strongly Agree | Not Applicable |
| I was familiar with all the ingredients in this recipe already | SD | D | A | SA | NA |
| The recipe was clear and easy to follow | SD | D | A | SA | NA |
| I was excited to try the recipe | SD | D | A | SA | NA |
| Children were willing to try this recipe | SD | D | A | SA | NA |
| There were appropriate ways for children to help with this recipe | SD | D | A | SA | NA |
| I would recommend this recipe to other providers | SD | D | A | SA | NA |

|  |
| --- |
| Is there anything you’d like to share about this activity/recipe pair so we can improve them in the future? |

## Activity: Spices and the Senses

|  |  |  |
| --- | --- | --- |
| **Did you complete this activity?**  | **Date Completed** | **How long did it take?** |
| Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |

|  |
| --- |
| *Read the following statements about the activity and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | **Strongly Agree** |
| Children enjoyed this activity. | SD | D | A | SA |
| I was comfortable leading this activity with my students. | SD | D | A | SA |
| Preparation and materials required for this activity were manageable. | SD | D | A | SA |
| The instructions for this activity were clear and easy to understand. | SD | D | A | SA |
| The activity was appropriate for children ages 3-5. | SD | D | A | SA |
| The activity was appropriate for children ages 6-12 (if applicable). | SD | D | A | SA |
| I would recommend this activity to other child care providers. | SD | D | A | SA |

## Recipe: Greens and Beans Soup

|  |  |  |  |
| --- | --- | --- | --- |
| **Did you make this recipe?** | **Did children help make the recipe?** | **Date Completed** | **How long did it take?** |
| Yes No | Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |
| *Read the following statements about the recipe and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | Strongly Agree | Not Applicable |
| I was familiar with all the ingredients in this recipe already | SD | D | A | SA | NA |
| The recipe was clear and easy to follow | SD | D | A | SA | NA |
| I was excited to try the recipe | SD | D | A | SA | NA |
| Children were willing to try this recipe | SD | D | A | SA | NA |
| There were appropriate ways for children to help with this recipe | SD | D | A | SA | NA |
| I would recommend this recipe to other providers | SD | D | A | SA | NA |

|  |
| --- |
| Is there anything you’d like to share about this activity/recipe pair so we can improve them in the future? |

# Region 4: Europe

## Activity: Escargot Game

|  |  |  |
| --- | --- | --- |
| **Did you complete this activity?**  | **Date Completed** | **How long did it take?** |
| Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |

|  |
| --- |
| *Read the following statements about the activity and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | **Strongly Agree** |
| Children enjoyed this activity. | SD | D | A | SA |
| I was comfortable leading this activity with my students. | SD | D | A | SA |
| Preparation and materials required for this activity were manageable. | SD | D | A | SA |
| The instructions for this activity were clear and easy to understand. | SD | D | A | SA |
| The activity was appropriate for children ages 3-5. | SD | D | A | SA |
| The activity was appropriate for children ages 6-12 (if applicable). | SD | D | A | SA |
| I would recommend this activity to other child care providers. | SD | D | A | SA |

## Recipe: Chicken Ratatouille

|  |  |  |  |
| --- | --- | --- | --- |
| **Did you make this recipe?** | **Did children help make the recipe?** | **Date Completed** | **How long did it take?** |
| Yes No | Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |
| *Read the following statements about the recipe and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | Strongly Agree | Not Applicable |
| I was familiar with all the ingredients in this recipe already | SD | D | A | SA | NA |
| The recipe was clear and easy to follow | SD | D | A | SA | NA |
| I was excited to try the recipe | SD | D | A | SA | NA |
| Children were willing to try this recipe | SD | D | A | SA | NA |
| There were appropriate ways for children to help with this recipe | SD | D | A | SA | NA |
| I would recommend this recipe to other providers | SD | D | A | SA | NA |

|  |
| --- |
| Is there anything you’d like to share about this activity/recipe pair so we can improve them in the future? |

## Activity: May Day Dancing

|  |  |  |
| --- | --- | --- |
| **Did you complete this activity?**  | **Date Completed** | **How long did it take?** |
| Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |

|  |
| --- |
| *Read the following statements about the activity and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | **Strongly Agree** |
| Children enjoyed this activity. | SD | D | A | SA |
| I was comfortable leading this activity with my students. | SD | D | A | SA |
| Preparation and materials required for this activity were manageable. | SD | D | A | SA |
| The instructions for this activity were clear and easy to understand. | SD | D | A | SA |
| The activity was appropriate for children ages 3-5. | SD | D | A | SA |
| The activity was appropriate for children ages 6-12 (if applicable). | SD | D | A | SA |
| I would recommend this activity to other child care providers. | SD | D | A | SA |

## Recipe: Easy Zucchini Lasagna

|  |  |  |  |
| --- | --- | --- | --- |
| **Did you make this recipe?** | **Did children help make the recipe?** | **Date Completed** | **How long did it take?** |
| Yes No | Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |
| *Read the following statements about the recipe and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | Strongly Agree | Not Applicable |
| I was familiar with all the ingredients in this recipe already | SD | D | A | SA | NA |
| The recipe was clear and easy to follow | SD | D | A | SA | NA |
| I was excited to try the recipe | SD | D | A | SA | NA |
| Children were willing to try this recipe | SD | D | A | SA | NA |
| There were appropriate ways for children to help with this recipe | SD | D | A | SA | NA |
| I would recommend this recipe to other providers | SD | D | A | SA | NA |

|  |
| --- |
| Is there anything you’d like to share about this activity/recipe pair so we can improve them in the future? |

# Region 5: Asia and Pacific Islands

## Activity: Lunar New Year Dragon Puppet

|  |  |  |
| --- | --- | --- |
| **Did you complete this activity?**  | **Date Completed** | **How long did it take?** |
| Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |

|  |
| --- |
| *Read the following statements about the activity and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | **Strongly Agree** |
| Children enjoyed this activity. | SD | D | A | SA |
| I was comfortable leading this activity with my students. | SD | D | A | SA |
| Preparation and materials required for this activity were manageable. | SD | D | A | SA |
| The instructions for this activity were clear and easy to understand. | SD | D | A | SA |
| The activity was appropriate for children ages 3-5. | SD | D | A | SA |
| The activity was appropriate for children ages 6-12 (if applicable). | SD | D | A | SA |
| I would recommend this activity to other child care providers. | SD | D | A | SA |

## Recipe: Sautéed Tofu and Broccoli

|  |  |  |  |
| --- | --- | --- | --- |
| **Did you make this recipe?** | **Did children help make the recipe?** | **Date Completed** | **How long did it take?** |
| Yes No | Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |
| *Read the following statements about the recipe and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | Strongly Agree | Not Applicable |
| I was familiar with all the ingredients in this recipe already | SD | D | A | SA | NA |
| The recipe was clear and easy to follow | SD | D | A | SA | NA |
| I was excited to try the recipe | SD | D | A | SA | NA |
| Children were willing to try this recipe | SD | D | A | SA | NA |
| There were appropriate ways for children to help with this recipe | SD | D | A | SA | NA |
| I would recommend this recipe to other providers | SD | D | A | SA | NA |

|  |
| --- |
| Is there anything you’d like to share about this activity/recipe pair so we can improve them in the future? |

## Activity: Diwali Paper Plate Art

|  |  |  |
| --- | --- | --- |
| **Did you complete this activity?**  | **Date Completed** | **How long did it take?** |
| Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |

|  |
| --- |
| *Read the following statements about the activity and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | **Strongly Agree** |
| Children enjoyed this activity. | SD | D | A | SA |
| I was comfortable leading this activity with my students. | SD | D | A | SA |
| Preparation and materials required for this activity were manageable. | SD | D | A | SA |
| The instructions for this activity were clear and easy to understand. | SD | D | A | SA |
| The activity was appropriate for children ages 3-5. | SD | D | A | SA |
| The activity was appropriate for children ages 6-12 (if applicable). | SD | D | A | SA |
| I would recommend this activity to other child care providers. | SD | D | A | SA |

## Recipe: Indian Spiced Flatbread

|  |  |  |  |
| --- | --- | --- | --- |
| **Did you make this recipe?** | **Did children help make the recipe?** | **Date Completed** | **How long did it take?** |
| Yes No | Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Minutes |
| *Read the following statements about the recipe and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | Strongly Agree | Not Applicable |
| I was familiar with all the ingredients in this recipe already | SD | D | A | SA | NA |
| The recipe was clear and easy to follow | SD | D | A | SA | NA |
| I was excited to try the recipe | SD | D | A | SA | NA |
| Children were willing to try this recipe | SD | D | A | SA | NA |
| There were appropriate ways for children to help with this recipe | SD | D | A | SA | NA |
| I would recommend this recipe to other providers | SD | D | A | SA | NA |

|  |
| --- |
| Is there anything you’d like to share about this activity/recipe pair so we can improve them in the future? |

# Global Potluck

|  |  |  |
| --- | --- | --- |
| **Did your site participate in this event?**  | **Date Completed** | **How many families participated?** |
| Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Families |

|  |
| --- |
| Please briefly describe how you ran *Global Potluck (include whether you prepared a recipe from Appendix A: index of Recipes in the Nutrition Education Guide).* |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *Indicate whether the following occurred during Global Potluck by circling Yes or No.*

|  |  |
| --- | --- |
| Statement |  |
| Community leaders were invited to participate in the event. |  Yes No |
| Parents were invited to participate in the event.  |  Yes No |
| Siblings were invited to participate in the event.  |  Yes No |
| Participants brought food.  |  Yes No |

 |
| *Read the following statements about the event and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | **Strongly Agree** |
| Participants enjoyed this event. | SD | D | A | SA |
| I was comfortable hosting this event at my site. | SD | D | A | SA |
| The event was easy to organize. | SD | D | A | SA |
| There were enough details for me to successfully lead the event. | SD | D | A | SA |
| I would recommend this event to other child care providers. | SD | D | A | SA |

# Festive Friday

|  |  |  |
| --- | --- | --- |
| **Did your site participate in this event?**  | **Date Completed** | **How many families participated ?** |
| Yes No | \_\_\_ /\_\_\_ / 2018 | \_\_\_\_\_\_ Families |

|  |
| --- |
| Please briefly describe how you ran *Festive Friday (include whether you prepared a recipe from Appendix A: index of Recipes in the Nutrition Education Guide).* |

*Indicate whether the following occurred during the Festive Friday by circling Yes or No.*

|  |  |
| --- | --- |
| Statement |  |
| Community leaders were invited to participate in the event. |  Yes No |
| Parents were invited to participate in the event.  |  Yes No |
| Siblings were invited to participate in the event.  |  Yes No |
| Participants learned how to make a recipe during the event.  |  Yes No |
| Children were involved in making the recipe during the event.  |  Yes No |
| Participants played a game during the event. |  Yes No |
| Participants sang a song during the event.  |  Yes No |

|  |
| --- |
| *Read the following statements about the event and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | **Strongly Agree** |
| Participants enjoyed this event. | SD | D | A | SA |
| I was comfortable hosting this event at my site. | SD | D | A | SA |
| The event was easy to organize. | SD | D | A | SA |
| There were enough details for me to successfully lead the event. | SD | D | A | SA |
| I would recommend this event to other child care providers. | SD | D | A | SA |

# Wrap Up Questions

|  |
| --- |
| *Read the following statements after completing all eight activities and indicate your agreement.* |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | Strongly Agree | Not Applicable |
| I would implement these activities in my classroom in the future.  | SD | D | A | SA | NA |
| I would make these recipes for my students in the future.  | SD | D | A | SA | NA |
| These activities were appropriate for use in my child care site.  | SD | D | A | SA | NA |
| The information and recipes presented in the Nutrition Education Guide helped me to comply with the new CACFP meal patterns. | SD | D | A | SA | NA |
| These materials increased my knowledge of fruits, vegetables, and whole grains. | SD | D | A | SA | NA |

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| What did you like best about these activities and recipes?  |

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| What were some of the challenges you faced while doing the recipes and activities? How did you overcome those challenges?  |