

WELCOME TO THE TEST KITCHEN!

Today you learned that refrigerated and frozen meals are created by experienced chefs. Now it's your turn! Put on your chef's hat and get cooking! Work with your group to answer the questions below and create a tasty, healthy, and nutritious frozen or refrigerated meal.

Part 1

To get started, check your plate! The MyPlate guidelines recommend that meals should be balanced among the five food groups to help us get the nutrients we need. Make sure your meal includes foods from each group. Check out **MyPlate.gov** and the foods in the box for ideas or come up with your own.

Food Groups

Fruits _____

Vegetables _____

Grains _____

Protein _____

Dairy _____

Fruits	Frozen berries such as blackberries or blueberries
Vegetables	Frozen carrots, cauliflower, broccoli
Grains	Frozen brown rice, whole grain bread, refrigerated thin pizza crust dough
Protein	Frozen grilled chicken strips, hamburger, eggs
Dairy	Milk, yogurt, cheese

Part 2

You have your healthy meal planned. Now, before you head to the (imaginary) kitchen, like all chefs, you need to understand the "Core Four" food safety rules:

- **Clean**—Always wash your hands and food prep materials with soap and water for at least 20 seconds before you start preparing food.
- **Separate**—Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and in your refrigerator.
- **Cook**—Cook food to a safe internal temperature—use a cooking thermometer to check!
- **Chill**—Refrigerate or freeze food quickly after purchase or use and keep your refrigerator's temperature at 40 degrees Fahrenheit.



Below, draw a picture of your meal on the left, and a picture of a safe food practice—one of the "Core Four"—on the right! Then, share your pictures with the class!

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