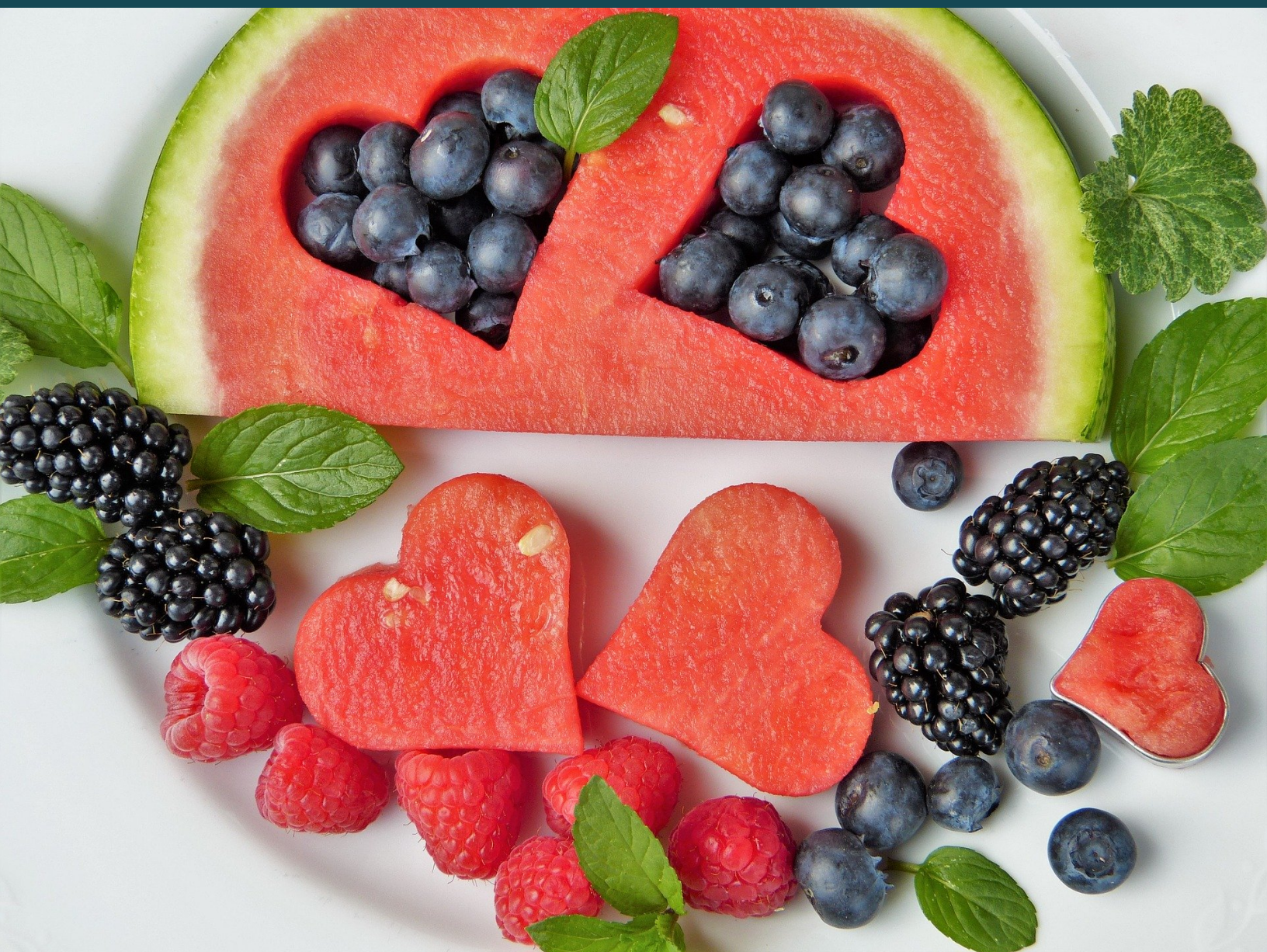


The Healthy Youth Project

BUILDING BETTER BODIES & MINDS FOR THE FUTURE

VOLUME 4



Learn about
**FOOD & ITS
BENEFITS**

Develop
**HEALTHY
HABITS**

Prepare
**NUTRITIOUS
MEALS**

Student Recipe Content

You will develop a simple, easy recipe based on what you've learned in class. Faculty will judge the recipes and award 1st, 2nd and 3rd place winners. You will be allowed to work in teams of 2 or 3.





A series of 20 horizontal brown lines for writing, arranged in a single column.