Did you know?
A chef is a person who cooks professionally, for their job. The chef is responsible for everything about the food in a restaurant. The chef is in charge of buying the food, overseeing all their staff, making menus and deciding recipes. Are you ready to be a chef?

Let's get together and make a few recipes. We have some of Luna’s favorites to try on the next page, and want to help you with yours too! First, try your hand at our recipes to make these healthy (and yummy!) snacks!

Now it’s your turn. What meal would YOU like to eat? Here’s how to get started:

1. Decide what you and your family are going to eat. Use the worksheet on page 16 to help you plan what you need!
2. Make a menu. This is how you let everyone know what they will be eating today!
3. Collect your ingredients. Ask an adult for permission to use them first!
4. Get an adult’s help to prepare the food.
5. Serve and enjoy!

Tips:
- Get permission to use ingredients. Make sure no one has any allergies, first!
- Don’t forget to clean up!
- Do you have family members that want to help make food? Many hands make light work!

Did you like getting to choose your own food? Were you concerned not everyone in your family would like it? Creating meals is adventurous and fun! Isn’t it great to think about what you are eating and how your family will like it!

What you need:
- Paper and Pencils, Pens, or Markers
- Ingredients for Your Recipe
- My Own Recipe Sheet!