

## FOCUS ON

# Cooking a Meal

1. Write a sentence that tells the main idea of Chapter 1.
2. Cooking a meal includes gathering ingredients and following a recipe. Which step do you think is most important? Why?
3. What does a recipe include?
  - A. the amount of each ingredient needed
  - B. how to clean up after cooking
  - C. a list of nutrients in each food
4. What might happen if someone doubles the amounts of the ingredients?
  - A. The person might make twice as much food.
  - B. The meal might not taste as good.
  - C. The meal might cook faster than expected.

## Answer Key:

1. Answers will vary
2. Answers will vary
3. A
4. A