

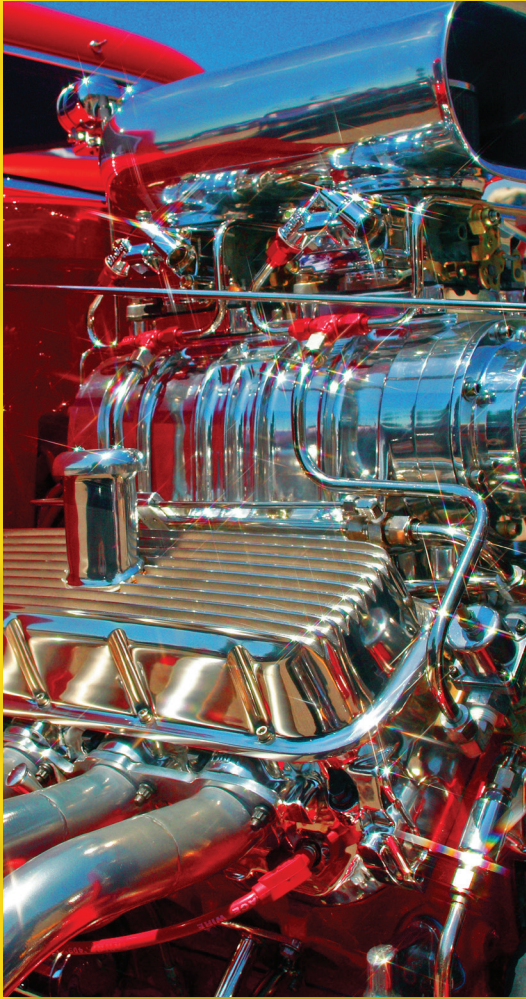


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This **Teen Cuisine** folder belongs to: \_\_\_\_\_



# Teen Cuisine



- Steps to Success**
- 1. Bring this folder to each session.
  - 2. Use this folder to store handouts.
  - 3. Check off sessions as you finish them.
- ☐ **Eat Smart**
  - ☐ **You Are What You Eat**
  - ☐ **Power Up with Breakfast**
  - ☐ **Find the Fat**
  - ☐ **Kick the Sugar Habit**
  - ☐ **Snack Attack**