**Foods 2030: Food Decisions & Health Check list**

**Checklist for Module Completion**

*In this Module you need to learn how to balance the energy equation by using strategies for food intake analysis and preparing appropriate foods that help fuel the body efficiently and effectively.*

Check off each of the following when you have done them.

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|  | I have completed the energy output assignment and submitted it for marking. |
|  | I have completed the energy balance – intake vs output assignment and submitted it for marking. |
|  | I washed my hands before working with food and have included a photo. |
|  | I made sure my workspace was clean before I started and have included a photo. |
|  | I have gathered the kitchen utensils, tools and ingredients needed for the recipe, before beginning and have included a photo. |
|  | I have prepared a homemade snack and compare the nutritional values to a comparable commercial snack; e.g., granola, granola bar, cookies, muffins or beverage & submitted photos |
|  | I have planned, prepared and evaluated a healthy balanced meal to assist with the achievement of growth and development during teen years & submitted photos |
|  | I have planned, prepared and evaluated a healthy balanced meal to assist with the achievement of a healthy body weight& submitted photos |
|  |  I have ensured my workspace was clean after my cooking was complete and have included a photo. |
|  | I have had two people,(friends or family) test one of my cooking assignments. I have included their comments regarding the following questions:1. Is the appearance of the snack appetizing?2. Does the snack taste good?3. Is there a suggestion for improvement? |