

Ingredient Lists

Print. Cut list of ingredients into strips. Place the 13-14 ingredients into five small brown paper bags for the sorting and meal creation activity.

Bag #1: Ingredients	Bag #2: Ingredients	Bag #3: Ingredients
Chicken broth	Pasta (ziti or penne)	Lettuce
Couscous	Frozen vegetables	Tomato
Black beans	Tomato sauce (8 oz. can)	Bell peppers
Onion	Tomatoes	Ground turkey or beef
Garlic	Parmesan cheese	Onion
Green pepper	Mozzarella cheese	Pinto beans
Frozen corn	Ground turkey or beef	Black beans
Cilantro	Onion	Salsa
Brown rice	Garlic	Brown rice
Instant vanilla pudding	Margarine/Butter	Tortillas
Milk	Apples	Cheddar cheese
Yogurt	Oatmeal	Apples
Banana	Flour	Peaches
	Brown Sugar	

Bag #4: Ingredients	Bag #5: Ingredients
Ground beef	Chicken breasts
Kidney beans	Cream of Chicken Soup (can)
Tomato sauce	Carrots
Onion	Celery
Brown rice	Potatoes
Tomato	Peppers
Egg	Chicken broth
Carrots	Rice
Celery	Yogurt
Bouillon Cubes	Berries
Spinach	Granola
Strawberries	
Banana	
Apple	