

LIFESKILLS IN ACTION

LIVING  
SKILLS+

Cooking  
Your Own  
Meals

CARRIE GWYNNE



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## **Cooking.**

It can seem like hard work.

There are many steps.

Plan what to eat.

Know what foods to buy.

Prepare and cook meals.

It takes time.

But making your own food is worth it.





**Prepared** food is made by someone else.

Buying this kind of food may be easy.

But it is not always good for us.

Most fast food is fried.

It is full of fat.

Other **ingredients** may be unhealthy too.

Frozen meals can have a lot of salt.



The colors or  
flavors may  
not be real.

That is why it  
makes sense  
to cook.



Buy fresh foods.

Choose spices you like.

Make healthy meals that taste great.

Buying food to make a meal may seem costly.

But think about the cost of eating out.

One time may not cost that much.

But many people eat out every day.

That adds up fast.





Cooking your own meals saves money.

How? Make one or two meals for the week.

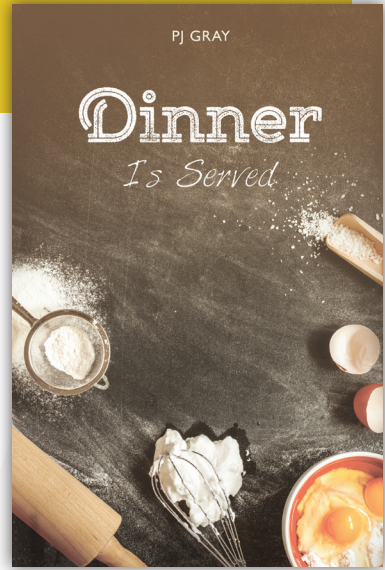
Cook more than you need.

Put the extra food in the refrigerator.

Or freeze it.

Heat it up later that week.

What happens when Hunter's mom challenges him to make every family meal for the weekend? Find out in *Dinner Is Served*. Want to read on?



JUST *flip* THE BOOK!



PJ GRAY

# Dinner

*Is Served.*



It was Hunter's senior year. He was ready to move out. Hunter felt like an adult. He wanted to prove that he was. Hunter's mom knew how he felt. But she was not sure he was ready.

"I can take care of myself," Hunter said.

"Really?" his mom replied. "I still cook and clean for you."

"I can cook," Hunter said.

"Making a cold sandwich is not cooking."

"I can do more than that," Hunter replied.

“Want to bet?” his mom asked.

“Sure,” Hunter said.

Ethan came into the room. He was Hunter’s little brother.

“Okay,” their mom said. “Let’s make a bet. See those bags over there? I just came home from the grocery store. There is food for the whole weekend. You must cook all of our meals this weekend. Just from the food in those bags. I bet you can’t.”

Hunter looked at the bags.

Ethan laughed. “I bet you can’t either!”

“Okay,” Hunter replied. “It’s a deal.”

“Good,” his mom said. “You must start with dinner tonight.”

“But it is Friday! You said the weekend.”

“Are you backing out?” she asked.

“No,” Hunter said.

“Okay,” his mom replied. “Good luck.”

The grocery bags were on the kitchen counter. Hunter looked in each one. There were fresh vegetables. A head of lettuce. A bag of tomatoes. He found a loaf of bread. And a gallon of milk. One bag had two dozen eggs and a box of pasta. There were two cans of rolls inside too. The last bag had frozen chicken breasts and a block of cheese.

It was Friday evening. Hunter had to make dinner. Plus he had to make three meals the next day. And three meals on Sunday.

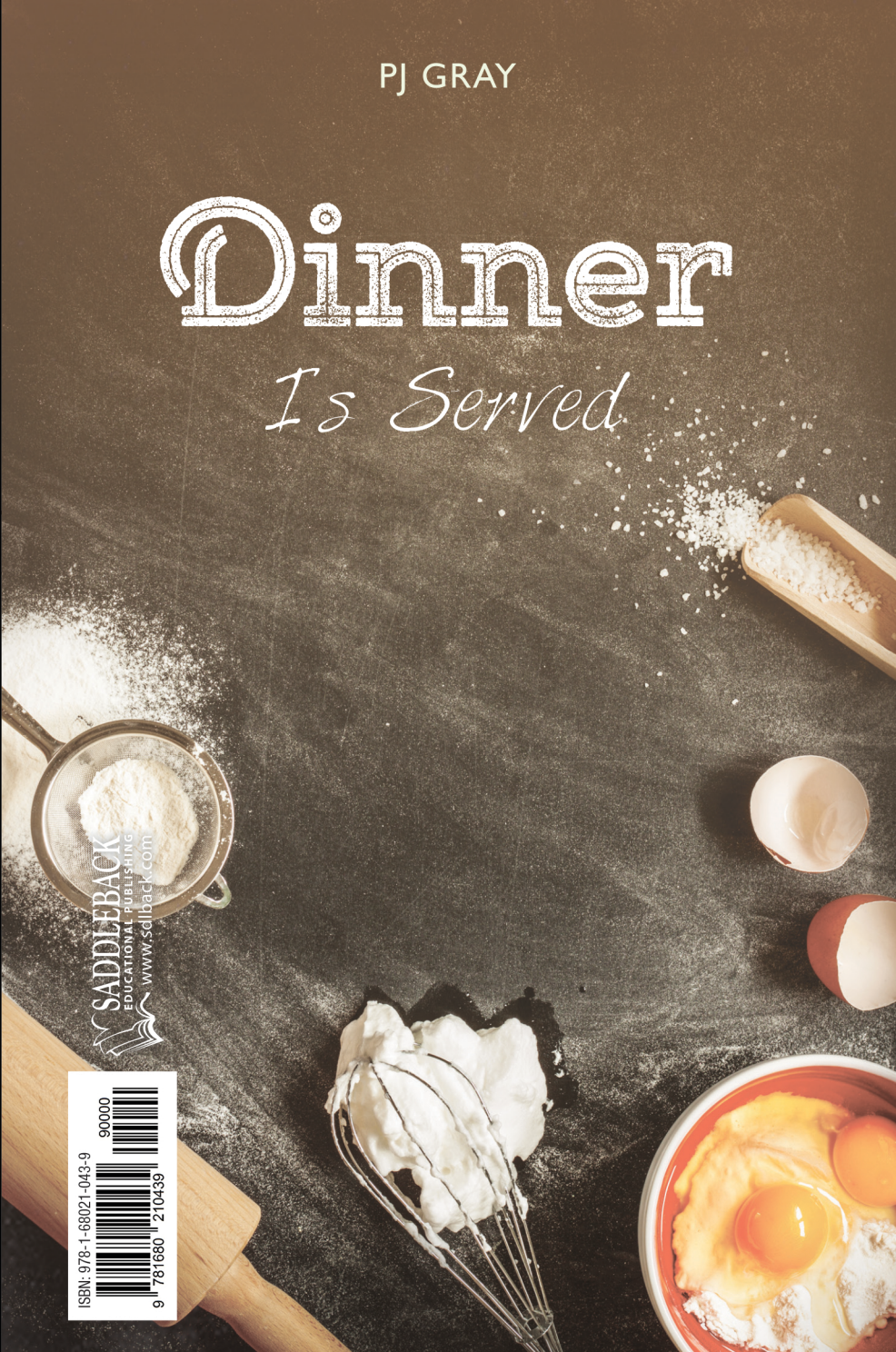
“Hey, chef,” Ethan said. “What’s for dinner? I bet you are too chicken to cook.”

Hunter ignored his little brother. He had an idea. The chicken and pasta could make a good meal. His mom made that a lot. But how did she do it? He had to think back.

PJ GRAY

# Dinner

*Is Served*



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