



## True Cost of Food

1. Real Food can be defined by 5 words that start with the letter N. Try to match the 5 N word's to their definitions below:

*NATURAL*

Healthy for you. A variety of colors and food groups

*NEAR*

Food looks similar to when it was grown. No processing

*NAKED*

Grown close to where you live. Locally grown & fresh

*NUTRITIOUS*

Grown in season or stored for winter

*NOW*

Little or no packaging

2. Check which Real Food project, you plan on completing:

- Make Real Food
- Grow Real Food

3. My REAL FOOD project is due on: \_\_\_\_\_

4. Use the space below and the back of the page to answer the following questions:

- What is your project?
- What makes it REALFOOD?
- How did you make or grow it?
- Where did the ingredients or seeds come from?