

Part I. Instructions: Look at the table of contents and answer the questions the fastest you can (Scanning).

|                                                                                         |                                                                                                             |
|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <b>GQ+<small>URBAN</small> CONTENTS</b>                                                 |                                                                                                             |
| JUNE 2013                                                                               |                                                                                                             |
|       | <b>EDITOR'S LETTER</b> 13                                                                                   |
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|                                                                                         | <b>MAN OF THE MONTH</b> 31<br>Leonard Polk styling for the cameras.                                         |
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|                                                                                         | <b>T.I. STILL GRAND HUSTLIN'</b> 102<br>Introduces the Hustle Gang Family.                                  |
|                                                                                         | <b>MIAMI HEAT OR SPURS?</b> 109<br>Will the Heat take the ring again or can the Spurs continue the Dynasty? |
|                                                                                         | <b>RIHANNA</b> 132<br>The new sex symbol.                                                                   |
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|                                                                                         | <b>THE RUNWAY</b> 83<br>Atlanta's fashion presentation.                                                     |
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|                                                                                         |                                                                                                             |
| <hr/>                                                                                   |                                                                                                             |
| <b>+ RICK ROSS</b>                                                                      |                                                                                                             |
| The Unstoppable Maybach Music Group will not be stopped... even at the top. <b>P140</b> |                                                                                                             |

1. Date of publishing: \_\_\_\_\_
2. Name of the magazine: \_\_\_\_\_
3. Type of magazine:  
a) Comics      b) Sports      c) cooking      d) celebrities and more
4. Who was the man of the month? : \_\_\_\_\_
5. What's on page 83? : \_\_\_\_\_
6. On what page is the Editor's letter? : \_\_\_\_\_

Part II. Instructions: Look at the table of contents and answer the questions the fastest you can (Scanning).



## CONTENTS

### 06

#### NOTES ABOUT THE COOKBOOK

Sharing the purpose of the cookbook and notes to help you successfully utilize it for family meals

### 07

#### KEY NUTRIENTS

Giving you an overview of the key nutrients of focus for kids who follow a vegan diet

### 08

#### BREAKFAST RECIPES

Sharing some of my favorite family recipes

### 15

#### LUNCH AND DINNER RECIPES

These are meals that can either be made in advance or freeze for later use

### 31

#### SIDES, SNACKS AND SAUCES

Find tasty companions to many of the recipes outlined for Lunch and Dinner

### 39

#### THANK YOU

I am excited to see your re-creations!

### 40

#### MEAL PLANS

3-Day Meal Plan for each stage of growth

1. What is the book about?  
a. Mechanics      b. Sports      c. Recipes      d. Health and fitness
2. How many chapters or sections does the book have?  
\_\_\_\_\_
3. What can you find on page 31? \_\_\_\_\_
4. Is there a chapter where the author invites you to share your recipes?  
a. Yes, there is.      b. No, there isn't.
5. The key nutrients, on page 7, are focused on....  
a. Teenagers      b. Kids      c. Adults      d. newborns