leftovers_____

meal prep_____

batch cooking_____

grab-and-go_____

container_____

airtight_____

freshness_____

soak_____

balanced meal_____

1.- a meal that includes carbohydrates, protein, and vegetables in proper amounts

2.- to leave food in liquid so it absorbs moisture

3.- a box or jar used to store food

4- closed so tightly that no air can enter or escape

5.- food you can quickly take and eat without preparation

6- preparing food in advance for future meals

7.- cooking a large amount of food at one time

8.- the quality of tasting or smelling new, clean, and not old

9.- food that remains after a meal and is saved for later

LIVEWORKSHEETS