



CHOICE BOARD



Make a meal or snack with a new fruit or vegetable.



Deep clean one room at home.



Complete a career interest survey, or research a career you might enjoy.



Compare the nutrition labels on 3 packaged foods. Decide which is healthiest.



Interview an adult about their monthly bills.



Watch a video about car or bike repair, such as changing a tire. If you can, help an adult with a repair.



Find several food items at home that are about to expire. Plan a meal that uses them.



Help an adult with budgeting or taxes.



Use tools such as a drill, hammer, or screwdriver to complete a home project.



Find 3 ingredients on food labels that are unfamiliar. Look them up!



Create a meal plan for a full week.



Repurpose an old or thrifted piece of clothing.



Do a load of laundry: wash, dry, and put away.



Double or halve a recipe. Make it today!



Look at 5 job listings. Compare their pay and requirements.



List 3 businesses that you could start. Make a plan for your favorite one.



Cook with a new spice, seasoning, or sauce.



Repair a hole or tear in a sheet, blanket, towel, or piece of clothing.



Clean and organize the fridge, freezer, or other appliance of your parent's choice.



Call a local business to ask them a question.



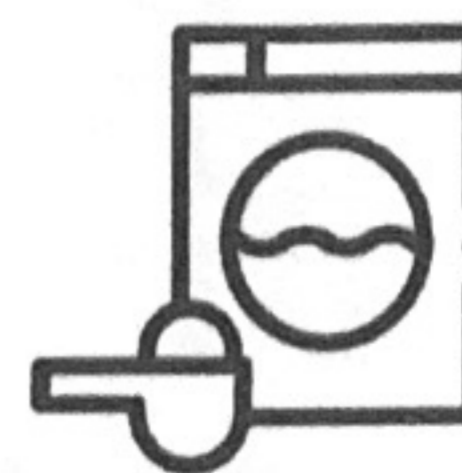
Learn to use an iron or steamer, or steam a wrinkled item using the steam from the shower.



Fill out a job application or create a résumé. Search "first resume" for ideas.



Research the difference between renting and buying a home.



Choose your top 5 pieces of clothing. Write down the care instructions for each.



Take an inventory of frozen, boxed, and canned food at home. Think of interesting ways to use it!



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Put together a recipe book of your family's favorite recipes.



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Compare the nutrition labels on 3 packaged foods. Decide which is healthiest.



Interview an adult about their monthly bills.



Look at clothing labels. Find 5 country names. Look them up on a map!



Find several food items at home that are about to expire. Plan a meal that uses them.



Try your hand at knitting, crocheting, embroidery, or cross-stitching.



Create a design you would like to see on a t-shirt.



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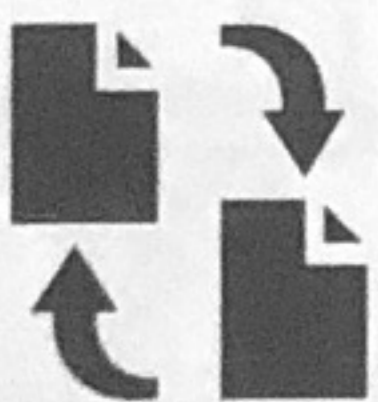
Cook with a new spice, seasoning, or sauce.



Clean and organize the fridge, freezer, or other appliance of your parent's choice.



Design a fashion accessory that also serves a practical purpose.



Cook or bake something using a substitution. For example, substitute $\frac{1}{4}$ cup applesauce for 1 egg.



Try a recipe from an unfamiliar culture. Search "international cuisines" for ideas.



Design a fashion item or outfit for a specific occasion.


















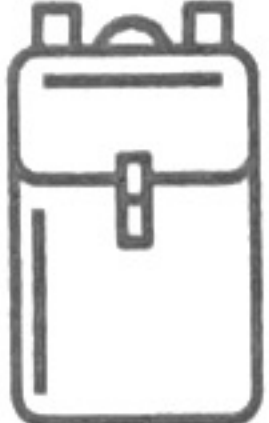





Look at clothing labels. Make a list of at least 5 different types of material. Note the differences in care instructions.



Take an inventory of frozen, boxed, and canned food at home. Think of interesting ways to use it!



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 <p>Look at clothing labels. Find 5 country names. Look them up on a map!</p>	 <p>Find several food items at home that are about to expire. Plan a meal that uses them.</p>	 <p>Try your hand at knitting, crocheting, embroidery, or cross-stitching.</p>	 <p>Create a design you would like to see on a t-shirt.</p>	 <p>Find 3 ingredients on food labels that are unfamiliar. Look them up!</p>
 <p>Create a meal plan for a full week.</p>	 <p>Repurpose an old or thrifted piece of clothing.</p>	 <p>Do a load of laundry: wash, dry, and put away.</p>	 <p>Double or halve a recipe. Make it today!</p>	 <p>Learn to use an iron or steamer, or steam a wrinkled item using the steam from the shower.</p>
 <p>Repair a hole or tear in a sheet, blanket, towel, or piece of clothing.</p>	 <p>List 3 businesses that you could start. Make a plan for your favorite one.</p>	 <p>Cook with a new spice, seasoning, or sauce.</p>	 <p>Clean and organize the fridge, freezer, or other appliance of your parent's choice.</p>	 <p>Design a fashion accessory that also serves a practical purpose.</p>
 <p>Cook or bake something using a substitution. For example, substitute $\frac{1}{4}$ cup applesauce for 1 egg.</p>	 <p>Try a recipe from an unfamiliar culture. Search "international cuisines" for ideas.</p>	 <p>Design a fashion item or outfit for a specific occasion.</p>	 <p>Look at clothing labels. Make a list of at least 5 different types of material. Note the differences in care instructions.</p>	 <p>Take an inventory of frozen, boxed, and canned food at home. Think of interesting ways to use it!</p>