



HEALTH AND HOME ECONOMICS SENTENCE FRAMES

NAME:

DATE:

TOPIC:

TASTE AND FLAVOR

I really enjoy the _____ flavor in this dish. (e.g. spicy, tangy)

The _____ taste is a little too strong for my liking. (e.g. sour, bitter)

I love the balance of _____ and _____ flavors in this meal. (e.g. sweet and savory)

NUTRITION

This food is high in _____, which is important for _____
(e.g. protein, muscle building; fiber, digestion)

I try to choose foods that are rich in _____ because they help with _____
(e.g. antioxidants, immune function; omega-3s, brain health)

I'm trying to increase my intake of _____ because it's good for _____
(e.g. vegetables, overall health; iron, energy levels)

COST AND VALUE

I think this food is a good value because it's _____ in nutrients and _____ in cost. (e.g. high, low)

This dish may be _____, but it's worth it for _____
(e.g. expensive, the high-quality ingredients)

I'm trying to save money, so I look for discounts on _____ foods. (e.g. nutrient-dense, healthy)