



MyPlate Word Blanks

"Cook-Off Craze"

How to play: Fold the paper in half so that the story is hidden. Read the Word Blanks below and fill in a word for each one. Match the numbered words from your word list with numbered blanks in the story. When you've finished, read your funny story out loud! You can also play with friends by writing down their choices for the word list, adding the words to the story, and then reading their special story to them.

WORD LIST

1. Noun: _____
2. Your name: _____
3. Friend's name: _____
4. Verb (ending in "ing"): _____
5. Verb (ending in "ing"): _____
6. Green vegetable: _____
7. Noun (plural): _____
8. Noun (plural): _____
9. Color: _____
10. Orange/red vegetable: _____
11. Grain food: _____
12. Lean protein food: _____
13. Dairy food: _____
14. Noun (plural): _____
15. Adjective: _____
16. Fruit: _____
17. Verb (ending in "ing"): _____
18. Verb (past tense): _____

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"Cook-Off Craze"

It was the end of the school year, and summer was just around the corner. It was almost time for the annual (1) _____ County School End-of-Year Cook-Off! (2) _____ and (3) _____ entered themselves in the cook-off. They knew they had a good chance of winning if they used fresh veggies from Grandma and Grandpa's garden — the secret to their recipe! They were ready to start (4) _____!

Once they got the pot of water (5) _____, they began adding the ingredients. While (2) _____ chopped up the (6) _____, (3) _____ washed the (7) _____. (8) _____ and (9) _____ cabbage were next. After this, they threw in some grated (10) _____, going crazy with all of their yummy fresh veggies! Making sure they didn't forget some grains, they added some whole wheat (11) _____, and for protein power, chopped (12) _____. For a finishing touch, they sprinkled some low-fat (13) _____ on top. *Voilà!* Summer Garden Soup!

The day of the cook-off finally arrived and they were ready. The event was a huge success! At the end of the day, it came time for the group of (14) _____ to announce the winners. After Runner-Up went to a (15) _____ (16) _____ frozen yogurt, (2) _____ and (3) _____ were (17) _____ their breath. "And first place, with the highest score, goes to (2) _____ and (3) _____'s Summer Garden Soup!!!" They were so happy that they (18) _____ all day long!



Word Blank #1