

CAN DO LIST

Name: _____ Date: _____

I CAN



Say which foods are healthy and which foods are unhealthy

YES MAYBE NO

Plan a healthy meal for my family

YES MAYBE NO



Say where I shop for food; for example, "I shop at Wal-Mart"

YES MAYBE NO

Ask for help when I need to find something in a grocery store

YES MAYBE NO



Order food at a counter; for example, get meat from the butcher or bread from the baker

YES MAYBE NO

Say how many ounces are in a pound

YES MAYBE NO



Tell someone what my favorite food is; for example, "My favorite food is pasta"

YES MAYBE NO

Ask someone what their favorite food is

YES MAYBE NO

Talk about the food my family eats on a big holiday or an important celebration

YES MAYBE NO

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Name: _____ Date: _____

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Read and understand the menu at a restaurant

YES MAYBE NO

Order food at a restaurant

YES MAYBE NO

Pay the correct amount for my food at a restaurant, including the tip

YES MAYBE NO



Tell the waiter if I have a problem at a restaurant

YES MAYBE NO

Politely ask for something different if I have a problem at a restaurant; for example, "Excuse me, could I please have another fork?"

YES MAYBE NO