**Fall Harvest Festival**

**Objective**: To become familiar with fall produce and healthy and delicious ways of preparing the food item.

**Directions:**

1. Randomly select a fall harvest fruit or vegetable.
2. Randomly select a dinner course.
3. Research a recipe that features the fall produce item in the selected dinner course.
4. Prepare the recipe and share with the class.
5. Research the nutritional values found in the selected recipe.
6. Write a paragraph describing the nutritional values of consuming the prepared food.
7. Present your nutritional findings and food preparation methods with the class.

**Fall Harvest Produce:**

* Acorn squash
* Apples
* Beets
* Cabbage
* Cranberries
* Pears
* Radish
* Sweet potato
* Pumpkin

**Dinner Courses:**

* Appetizer
* Soup
* Salad
* Main course
* Dessert

**Nutritional Information:**

* Calories
* Macromolecules - *carbohydrates, lipids, proteins*
* Vitamins
* Minerals
* Impact of each nutritional component on human health

**Food Preparation:**

* Description of how it is made
* Cost
* Serving size
* Prep time / cook time