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Grade : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NLESD Email : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Medical Conditions/Allergies

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Special Food Considerations

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Cooking Experience

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Favorite Foods

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Least Favorite Foods

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Write a short description of your eating habits. Do you prefer to eat small meals/snacks often, or larger ones less often? Do you have set times that you get hungry? Are you a picky eater? Do you try to eat healthy/do you have an idea of how many calories and macronutrients you eat regularly? Anything else that you feel is relevant to this course?

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