

AMI - Day 1

Create a comic strip about the importance of food safety (prevention of food borne illness) in the home or workplace. Make sure to give at least 5 pointers or important rules in your comic strip. Of course you should add graphics and color!

AMI - Day 2

Choose an advertisement for an unsafe/unhealthy product from a magazine or online. Write a letter to the CEO of this company, to explain the health risks and suggest improvements to make the product a healthier choice. Be sure to staple your advertisement to your letter or provide the online link.

AMI - Day 3

Clean your pantry and/or refrigerator, take before and after photos. Pull out products and organize. Make sure to check expiration dates. Sanitize surfaces. Write 1 paragraph about why it is important to use the FIFO (First In, First Out) process.

AMI - Day 4

Use the items in your pantry to create a menu plan for 1 week. Evaluate how prepared you are for the week. Which items do you wish you had on hand?