3D Making what you heard today come to life!

**D**iscovered-write down one thing you discovered today that you didn’t know before you came:

__________________________

Yogurt in alfredo sauce

__________________________

**D**ig-write down one thing from today’s lesson that you really liked and might incorporate into your life:

__________________________

Vegetables incorporated in sauce

__________________________

**D**itch-write down one thing about today’s lesson that you didn’t like, don’t care about, or won’t use:

__________________________

Avocados

Lesson 5
Knowledge & Noodles