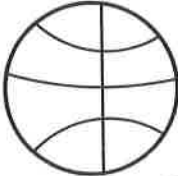

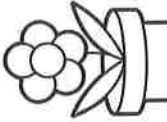




Recipes for Action

Directions: Choose two of your favorite activities. Write a recipe for participating in each activity. Include at least five action verbs that show actions used in each one. Underline each action verb you use.




See sample on back.

Activity: _____

Ingredients: _____

Directions: _____

Activity: _____

Ingredients: _____

Directions: _____

Bonus Box: Number the back of this sheet 3–10. Beside each number, write a verb with that number of letters that describes an action a chef might do. For example, for the number 3 you could write *sip*.



Sample Recipe

Activity: biking

Ingredients:

bike protective elbow and knee pads
helmet neighborhood or park

Directions:

1. Put on your helmet and protective pads.
2. Choose a place to ride, such as the sidewalks in your neighborhood or a bike path in the park.
3. Get on your bike and pedal.
4. Always watch where you are going.
5. Follow the rules of the road. Obey traffic signs.
6. Enjoy your ride!