

Module 3

Assignment 1

1. Go into your pantry/refrigerator and look through the ingredients on the back of the product. Find as many products as you can with starchy carbs listed on the following page. On your worksheet provided, list out the names of the starchy carbs you found OR you can print the page and circle what you found.

2. Take a picture of at least one of the ingredient lists you found and post it under Module 3 in the FAB & Focused Facebook group.