

# 我的目标

PSSC 第 1 课

下一堂课之前，请选好一个目标执行。

- 我会在买菜的时候使用购物清单。
- 我会重新做一个晚餐的菜单。
- 回家后，我会把课上计划的菜做给我的家人吃。
- 这个星期，我会让我的孩子参与某一顿饭的计划和准备工作。



California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org).

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Simplified Chinese Rev: 04/20

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