



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION



# 4-H Flavorful

*Hands in the Kitchen, **Hearts** at the Table.*





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**Binder Belongs to:**

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# Vegetables



*Hands in the Kitchen, **Hearts** at the Table.*

# Fruits



*Hands in the Kitchen, **Hearts** at the Table.*

# Grains



*Hands in the Kitchen, **Hearts** at the Table.*

# Protein



*Hands in the Kitchen, **Hearts** at the Table.*

# Dairy Products



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