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## Ready Steady Bake Cooking Kids

**section 3 - kidscook cooking skills - advanced preparation ...** - four important messages should run through the cooking component of this pack: 1. cooking skills • cut, chop, slice and dice • mix, knead, shape and bake **jump start guide - medifastmedia** - jump start guide 1 welcome to medifast congratulations! you've taken an important first step in controlling your weight and improving your health, and medifast ... **energy conservation - st. joseph's healthcare hamilton** - 2 3. pace (continued) rest often. rest before you feel tired. avoid holding your breath. practice breathing slow and steady. use pursed lip breathing.

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