



Cooking Demonstration
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Live Polling Question 1

How many times a week do you cook at home?

- a. Less than once a week
- b. 2-3 times a week
- c. More than 3 times a week
- d. I'm a chef! I cook all day!

[Live Poll Results](#)

Live Polling Question 2

Which food item is the highest in sodium?

- a. 1 pickle
- b. 1 Tim Horton's Egg and Cheese English Muffin
- c. 3/4 cup Low sodium canned soup
- d. All these food choices contain the same amount of sodium.

[Live Poll Results](#)

Live Polling Question 3

Where do you find your recipes?

- a. Website/blog
- b. Cookbook
- c. Magazine/Newspaper
- d. I make them up!

[Live Poll Results](#)