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Investigate!

To start your project it is necessary to begin by doing some investigation. You will need to identify resources that will help you in your project. The internet will be your most useful tool to find websites and videos that will be useful throughout the project.

Now that you have your topic of choice, we recommend finding between **four and six sources** that will help you complete your project. For each source you will want to keep track of the website links and a brief description of the source. Use this template to keep track of your sources.

We recommend varying your sources. Some ideas for where you can get information:

- Websites. Sites that end in .gov, .org or .edu are the most reliable
- Popular magazine articles (Time, Newsweek, US News and World Report)
- Artist/Musician/Writer/Actor/Athlete/Team home pages
- YouTube videos and tutorials
- Social media
- Personal contacts

Examples:

#1 Project Topic: Hiking

- Maps of local hiking trails
- Weather forecasts
- Local park websites

#2 Project Topic: Python/Scratch/Javascript Coding

- YouTube videos on coding
- Free online course on coding
- Official websites for Python/Scratch/Java

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Source (website, link, book, person, etc): **Website: msimplyadad.com: GFCF Food List: simple meals to get you started on the GFCF diet.**

This website is a great resource of information to start at the very beginning. This is a family blog that shows the journey of this families learning and sharting all their favorite receipsses, snacks and brand names. This is a great resource as a jumping off point.

Source (website, link, book, person, etc): **Website: [PINTEREST BOARD: GFCG Dinners](#)**

This pinterest board has many meal ideas to consider for my cookbook. I am looking forward to testing some of them..

Source (website, link, book, person, etc): **Friends and Family favorite recipes**

I will be asking several friends and family members for their favorite recipe for the book. They can reference their story behind it.

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Source:(website, link, book, person, etc): **Website:** celiac.org

This resource will give me and the readers what gluten and dairy does to my body and all the ways that this food attacks my body.

Source:(website, link, book, person, etc): **website:** wikihow.com: **How to write a cookbook.**

This resource will help guide me through creating a cookbook. This resource offers the following topics: Organizing, finding a niche, writing it, researching it, deciding on a style, creating original content, gathering recipes, and taking pictures. This should guide me.

Source:(website, link, book, person, etc): **website:** momma knows gluten free.com

This resource is also a great place to find recipes.

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Source:(website, link, book, person, etc):

Summary of Resource:

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