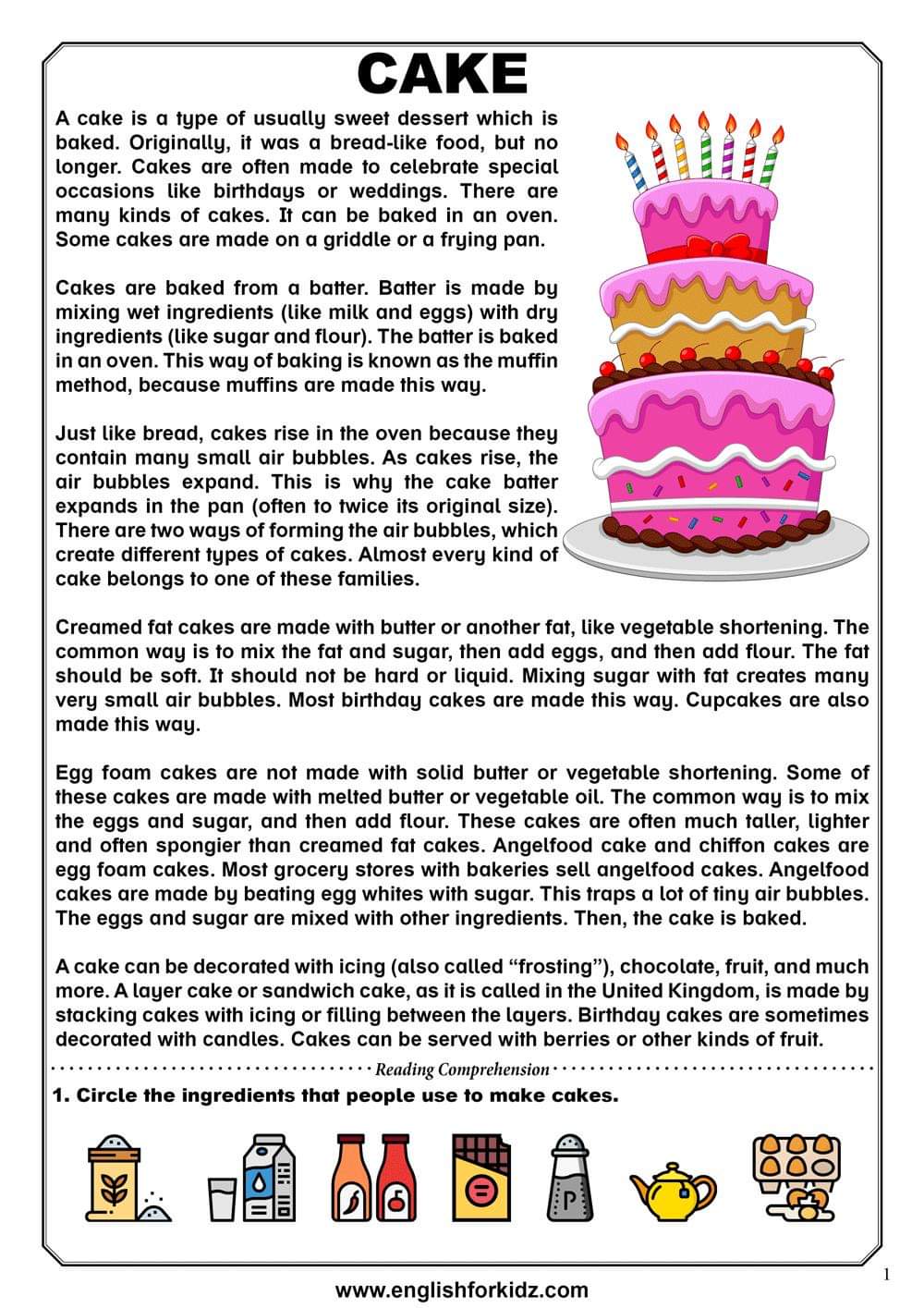
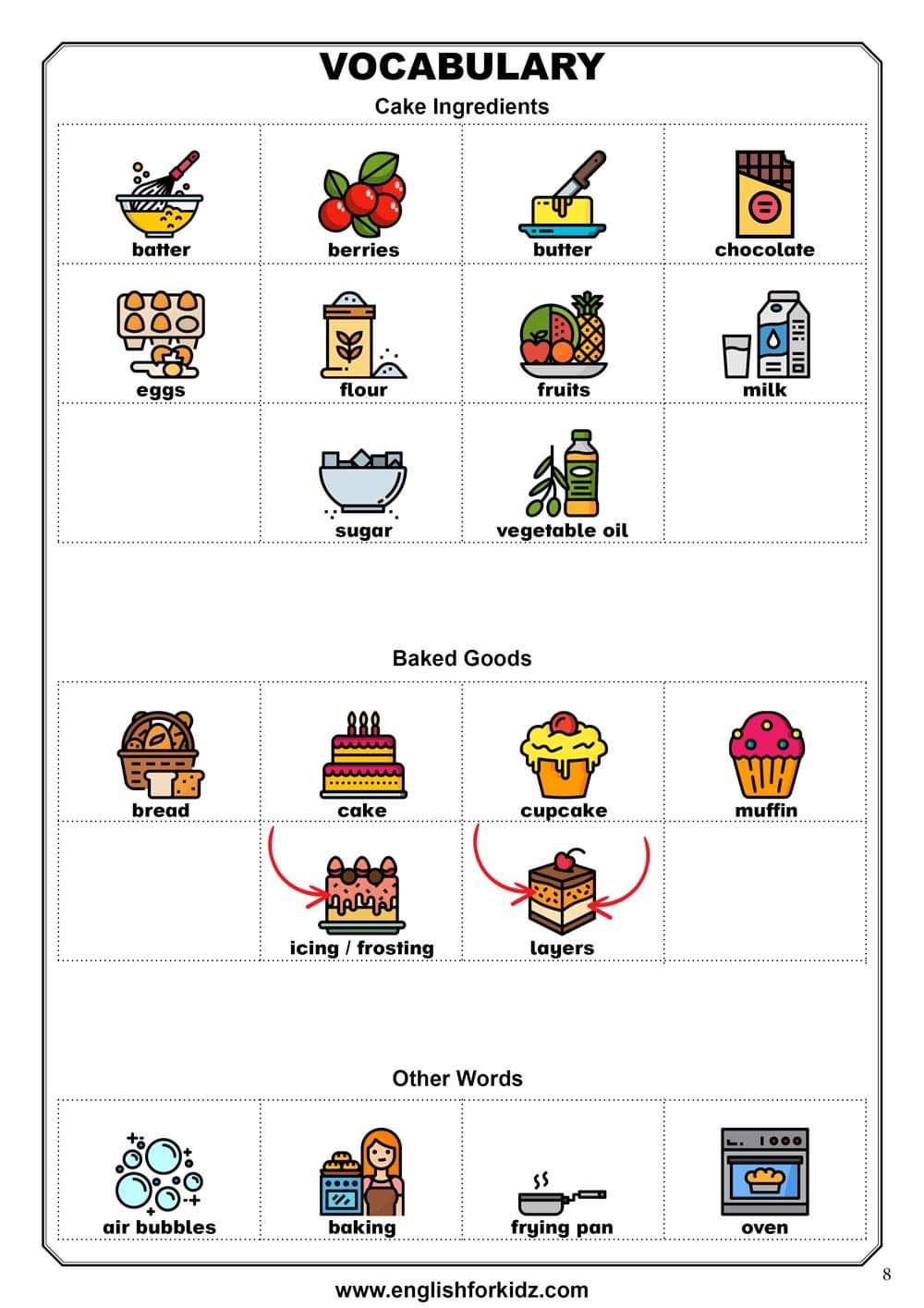
HELLO BOYS AND GIRLS!! THIS WEEK YOU WILL BE CHEFS!!



THIS IS SOME HELP!!! ;-)

* EXERCISES