

Recipe Reflection Section

On this page, fill out the information about your recipe. On the opposite page, place a photo or drawing of your completed recipe and the recipe card.

: Cost Column



Product Cost:

Ingredient	Cost

Supply	Cost

Total Cost of ingredients and supplies: _____
 Don't forget to put this number in your Expenses Page

Looking Back

If I had purchased this, it would have cost \$ _____

Check the correct statement:

- I saved \$ _____ by making this myself.
- I did not save money.

I enjoyed this project because:

New skills I learned are:

Were the ingredients readily available? **Yes/No**
 If not, which ones were hard to find?

Were the directions easy to follow? **Yes / No**

How did it taste?
Fair Good Excellent

Did you use this recipe for foods judging? **Yes / No**
 If yes, what was your rating? _____

Would you make this recipe again? **Yes / No**

Place a Photo of your Recipe Here



Place the Recipe Card Here



Nutrition Facts	
Serving Size _____	
Servings Per Container _____	
Amount Per Serving	
Calories _____ Calories from Fat _____	
% Daily Value*	
Total Fat _____	_____
Saturated Fat _____	_____
Trans Fat _____	_____
Cholesterol _____	_____
Sodium _____	_____
Total Carbohydrate _____	_____
Dietary Fiber _____	_____
Sugar _____	
Protein _____	
Vitamin A _____	_____
Vitamin C _____	_____
Calcium _____	_____
Iron _____	_____

Please fill out the Nutrition Label below to reflect your recipe.
To find out the nutritional values, follow the directions below:

1. Go online to www.nutritiondata.com
2. Sign in with the user name 4HGMGH, password: clover
3. Click on “Analyze Recipe”
4. Click on “Create Recipe”
5. Type the preparation of your recipe into the box titled “Preparation”
6. At the bottom of the screen, you will find a box that you can use to add ingredients with. Add all ingredients.
7. When you have added everything, click on “Save and Analyze”
8. Copy the nutritional information from your meal into the chart on the left, and then answer the following questions.

a. Do you think this recipe is healthy? Please explain.

b. If the recipe is not healthy, how could you make it healthier?

c. Name one thing that is healthy about this recipe.

d. Name one thing that is unhealthy about this recipe.
