

Special Foods Recipe Worksheet

Name _____

County _____ ID# _____

Circle One: Beginner, Junior, Senior

Recipe _____ # of servings _____

Food Group Entered: *Circle One**Grains Vegetables Fruits Milk Meat & Beans*

List Recipe Ingredients and amounts.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

From your recipe, list the ingredients and their amounts from the Food Group Entered (circled above).

Choose only one column to complete. Use the column that applies to the food that is PREPARED.

GRAINS Expressed in ounces or ounce equivalents	VEGETABLES Expressed in cups	FRUITS Expressed in cups	MILK Expressed in cups	MEAT & BEANS Expressed in ounces or ounce equivalents

Describe Preparation Method

Continue on back if needed

Note to 4-H member: Be prepared to answer questions on the recommended daily amounts from the food group you have selected.