

# MENU PLANNING SHEET

Name: \_\_\_\_\_

Recipe Title: \_\_\_\_\_

Years in Food Projects: \_\_\_\_\_ Years in PINY: \_\_\_\_\_ Age (as of January 1<sup>st</sup>): \_\_\_\_\_

Junior (age 9-12): \_\_\_\_\_ Senior (age 13-19): \_\_\_\_\_

**A. MENU PLAN** – Plan a complete menu for one meal, including your recipe as one of the foods. Be sure to consider nutrition, appearance, texture, and flavors. *(Please use correct grammar and spelling when completing these areas.)*

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**B. STATEMENT OF ORIGIN** - Explain the source of your recipe (cookbook, magazine, family member, etc.). Tell any changes you made such as experimenting with ingredients or method of serving. Indicate any family preferences, such as how they like your recipe.

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**C. NUTRITION STATEMENT** – Outline the major nutrients by the ingredients in your recipe.

Major ingredient or food Example: Milk	Nutrient provided Calcium	Function of nutrient Builds strong bones and teeth

**D. PRODUCED IN NYS STATEMENT** – Tell where the featured ingredient(s) is/are grown or produced in New York State and tell us at least two interesting facts about it.

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