

Menu Planning Sheet

Club/Individual Name _____ Age _____

Recipe _____

Junior _____ Senior _____

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.

NUTRITION STATEMENT – Outline the major nutrients supplied by your recipe.

Major ingredient or food

Nutrient provided

Function of nutrient

Ex. Milk

Calcium

Builds strong bones and Teeth
