

Creative Cooks Recipe Worksheet

Name _____

Division (Mark One)

Beginner

Junior

Senior

Name of Recipe _____

Directions: List all ingredients and amounts used. Use the Creative Cooks Serving Size Guide to determine number of servings each ingredient provides for a food group. Recipe serving must provide at least one full serving from any of the five major food groups. Detail recipe preparation instructions on the back of this form.

Ingredients and Amount	Protein	Milk	Grain	Fruit	Vegetable	Fat, sugar X only	Seasoning X only	Cost of Ingredients (Seniors only)
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								
13.								
14.								
15.								
16. Total of all food groups								
17. # of servings in recipe								
Amount of food group servings per recipe serving (divide line 16 by Line 17)							Seniors cost per serving	