

**Creative Cooks Worksheet**  
**Cultural Foods/ Customized Meal**  
**(Seniors Only)**

Name \_\_\_\_\_

Name of Recipe \_\_\_\_\_

Answer the following questions concerning your recipe and the menu you have chosen.

1. Why does your recipe have special meaning to you? (2-3 sentences)
2. How does your recipe and meal fit the servings from My Plate guidelines? (2-4 sentences)
3. Cultural Meal: Discuss the culture you have chosen including the foods important to the culture and food preparation techniques that may be different compared to your own daily foods. (5-7 sentences)

**OR** Customized Meal: Discuss the why you reduced fats, sugars, or substituted ingredients to create a healthier dish and what are the benefits to the changes? (5-7 sentences)

4. Cost per serving?