

Produced in New York Food Presentations

Menu Planning Sheet

Directions: Youth members fill out the following information and bring with you to your scheduled PINY Demonstration time OR email to Renee prior to your session. Please note, there is a different Cloverbud Menu Planning Sheet.

| | | |
|--------------------------|-------------------------|---------------|
| Name: | | |
| Age (as of Jan 1, 2021): | Year in Food Project: | Years in PINY |
| Recipe Title: | Featured NY Ingredient: | |

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.)



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.

Nutrition Statement- outline the nutrients by major ingredients in your recipe. Try to include at least 3 top ingredients

| Major Ingredient or Food | Nutrient Provided by Food | Function of the Nutrient |
|--------------------------|---------------------------|--------------------------------------|
| <i>Ex: Milk</i> | <i>Calcium</i> | <i>Builds strong bones and teeth</i> |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Produced in NYS Statement- Tell where the featured ingredient(s) is grown or produced in New York State and tell us at least 2 interesting facts about it.

I pledge...



my **head** to clearer thinking,
 my **heart** to greater loyalty,
 my **hands** to larger service, and
 my **health** to better living for
 my **club**, my **community**,
 my **country**, and my **world**.

